



DERMATOPATHOLOGY

## PSORIASIS, METABOLIC SYNDROME AND CARDIOVASCULAR RISK FACTORS IN GEORGIAN POPULATION

Maia Matoshvili<sup>(1)</sup> - Davit Tophuria<sup>(2)</sup> - Nino Nishnianidze<sup>(3)</sup>

*Tsmu The First University Clinic, Dermato-venereology, Tbilisi, Georgia<sup>(1)</sup> - Tbilisi State Medical University, Department Of Human Normal Anatomy, Tbilisi, Georgia<sup>(2)</sup> - Aesthetic Clinic Total Charm, Dermato-venereology-cosmetology, Tbilisi, Georgia<sup>(3)</sup>*

**Introduction:** Psoriasis is an immune-mediated chronic inflammatory disease affecting approximately 2–3% of caucasian population. It has significant impacts on both physical and emotional health-related quality of life comparable to other major illnesses. Several studies have confirmed that moderate to severe psoriasis is strongly associated with cardio-metabolic disorders including hypertension, obesity, type 2 diabetes, dyslipidemia, non-alcoholic fatty liver disease, metabolic syndrome, and chronic kidney disease.

**Objective:** The aim of our study was to identify cardiovascular risk factors and metabolic syndrome in patients with psoriasis, their possible association with its severity and compare it with the non-psoriatic patients in georgian population.

**Material and Methods:** We did an observational and cross-sectional population study in Tbilisi (Georgia) from a hospital/primary care database.

**Results:** There were 784 patients registered as psoriasis from 01.06.2016 till 01.02.2019 and 101 of them (12.9%) were classified as moderate-severe psoriasis. Patients with psoriasis in comparison to non-psoriatic population (800 patients with other dermatological diseases) had a higher prevalence of cardiovascular risk factors: diabetes mellitus 2 (117 patients 14.9% vs 67 patients 8.4%), dislipidemia (228 patients 29.1% vs 123 patients 15.4%), arterial hypertension (276 patients 35.2% vs 137 patients 17.1%), obesity (307 patients 39.2% vs 170 patients 21.3%), high waist circumference (527 patients 67.2% vs 490 patients 61.2%). Metabolic syndrome was more prevalent on psoriatic patients (277 patients 35.3% vs 130 patients 16.3%) and cardiovascular risk factors were similar between psoriasis severity groups.

**Conclusion:** We found statistically significant difference between patients in relation to the prevalence of cardiovascular risk factors, metabolic syndrome and major cardiovascular events in psoriatic patients. However, significant differences were not seen between psoriasis severity groups. Our study underlines the importance and the need of a





multidisciplinary approach and screening patients with psoriasis for cardiovascular risk factors.

