

Cosmetology & Dermatology 2018: Analysis of concomitant pathology in patients with psoriasis - Veranika Liubiankova - Mogilev Regional Dermatology and Venerology Centre

Veranika Liubiankova¹ and Sviatlana Makarava²

¹Mogilev Regional Dermatology

²Venerology Centre, Belarus

Introduction: Psoriasis is increasingly determined as a systemic process that affects not only the skin, but also the internal organs. In recent years special attention has been paid not only to the systemic nature of the process in psoriasis, but also to its association with comorbidities. Comorbidity is a regular combination of various diseases or conditions in one patient, it occurs in many inflammatory processes.

Purpose: The study of the incidence of concomitant diseases in patients with psoriasis in relation to patients with allergic contact dermatitis.

Materials & Methods: A retrospective analysis of data of 804 patients (492 males and 312 females), who were treated in 2016 and in the first 10 months of 2017 in Mogilev Regional Dermatology and Venerology Centre with different forms of psoriasis, was conducted. The mean age was 43.05 years. The control group consisted of patients with allergic contact dermatitis, comparable in age and sex, in an amount of 397 people.

Results: Specific gravity and incidence of comorbidity in patients with psoriasis: cardiovascular damage 41% (331), gastrointestinal tract - 30,4% (245), endocrine system - 22,7% (183), metabolic syndrome - 28,2% (227), chronic otorhinolaryngological diseases - 11,4% (92), diseases of urinary system - 6,2% (50), respiratory system - 4,7% (38). Significant differences between the groups were obtained for all the comorbidity except respiratory diseases. Psoriatic polyarthritis were observed in 219 patients (27.3%), nail psoriasis in 117 patients (14.6%). The average body mass index in the psoriasis group was 27.2, in the allergic contact dermatitis group was 25.3. Significant differences between the groups were obtained for all the test changes except the general bilirubin, C-reactive protein and urinalysis.

The percentage of diseases changed with increasing age: diseases of the cardiovascular system from 10% to 87%, gastrointestinal diseases from 20% to 61%, endocrine system diseases - from 14.5% to 38%, metabolic syndrome - from 11% to 34%, otorhinolaryngological diseases - from 15% to 8,5%, diseases of the urinary system - from 1,8% to 8,5%, respiratory system diseases - from 1,8% to 13%.

Conclusions: The analysis showed that in patients with psoriasis the most frequent comorbidity are: cardiovascular and gastrointestinal diseases, endocrine disorders, polyarthritis, nail psoriasis and metabolic syndrome. A rather high risk of comorbidity is established, in comparison with the population, which can directly affects the severity of the course of the disease, the effectiveness of the therapy and life expectancy.