

# SERUM ZINC AND COPPER LEVELS AND CU: ZN RATIO IN CHRONIC PLAQUE PSORIASIS: A CASE CONTROL STUDY OF 50 CASES

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**Z**inc and copper are important cofactors and modulators of many critical biological functions in different dermatological diseases including psoriasis as they are involved in a number of cellular metabolic activities. The aim of the study was to evaluate the levels of serum zinc, serum copper as well as copper/zinc (Cu: Zn) ratio in psoriasis and the role of Cu: Zn ratio as a marker of severity of Psoriasis. 50 patients of the age group of 20-50 years having chronic plaque psoriasis were studied along with 50 years age and sex matched healthy controls. Patients with moderate to severe psoriasis have higher mean serum copper levels than controls but there is no significant difference in serum copper level between mild and moderate to severe Psoriasis. Patients with moderate to severe Psoriasis have lower mean serum zinc than controls but there is no significant difference in serum zinc level between mild and moderate to severe psoriasis. Also, serum copper/zinc ratio correlates significantly with PASI (psoriasis area and severity index) and can be used as marker for assessing severity of disease. This study suggests that serum copper/zinc ratio is the better marker for assessing severity of the psoriasis. Moreover, therapeutic potential of these findings needs to be explored

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