

SYSTEMIC TREATMENT IN PSORIASIS

A 12-year Experience in Malaysia

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INTRODUCTION

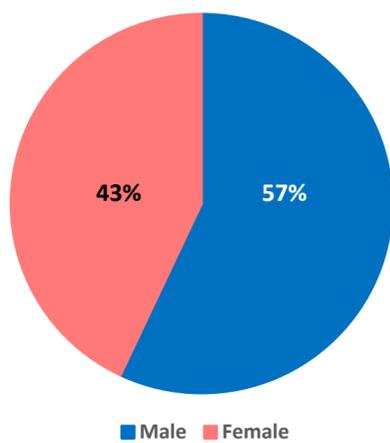
Psoriasis is a common skin disorder with a worldwide prevalence of 2-3%¹. In Malaysia, the prevalence is approximately 2-6%². Psoriasis requires many treatment modalities, including systemic therapy.

METHODS

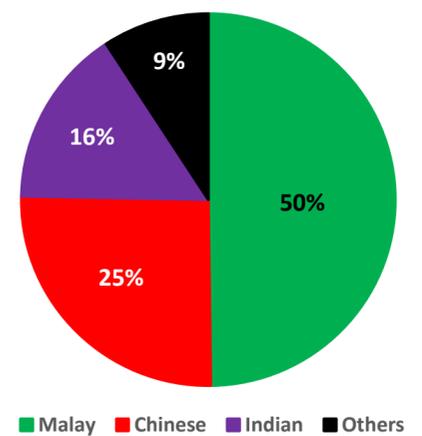
This is a 12-year, multicenter, retrospective audit of patients with psoriasis registered in Malaysian hospitals between 2007 and 2018 who were on systemic treatment. Data were obtained from the National Psoriasis Registry and analyzed using Microsoft Excel Worksheet 2019.

RESULTS

Gender (N=3,570)

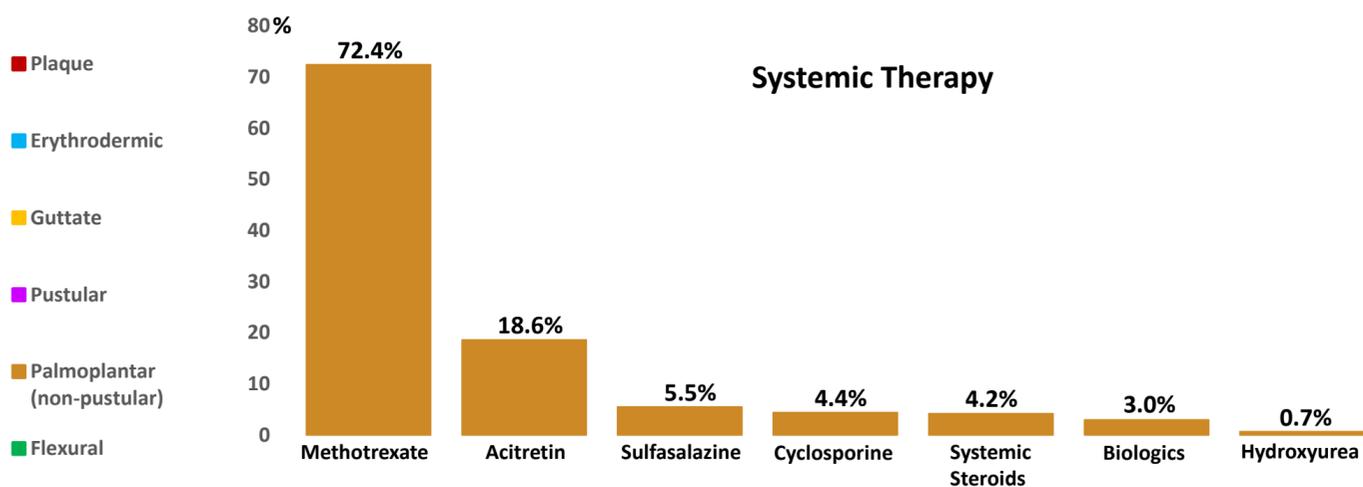
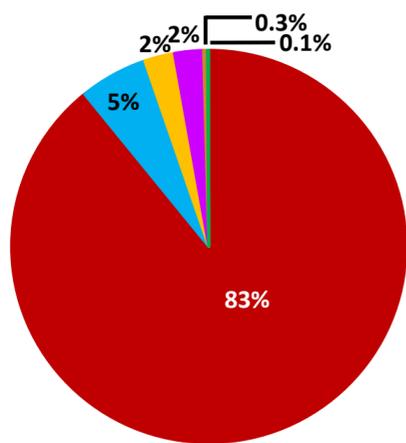


Ethnicity (N=3,570)



- Out of 3,570 patients with psoriasis on systemic treatment, almost a quarter (24.8%) had a positive family history
- More than a third (35.8%) had psoriatic arthropathy, while 70.0% had nail psoriasis
- The mean Dermatology Life Quality Index (DLQI) score was 11.8, with 35.3% scoring ≥ 10
- The commonest comorbidity was hypertension (28.5%), followed by dyslipidemia (24.5%), obesity (body mass index >30) (23.3%) and diabetes mellitus type 2 (19.4%)
- 97.5% and 5.0% of patients received concomitant topical therapy and phototherapy, respectively

Types of Psoriasis



DISCUSSION

Systemic Treatment of Psoriasis on the West and East Coast of Peninsula Malaysia

	Ramalingam R, et al ⁵ (2008-2013) Klang, Selangor N=63	Ramalingam R, et al ⁷ (2007-2017) Kuantan, Pahang N=116	Our Study (2007-2018) Malaysia N=3,570
Patients on systemic therapy out of total number of patients with psoriasis (%)	6.5	10.8	18.5
Mean age (years)	44.9	46.9	33.5
Male:Female	1:1.2	1.2:1	1.3:1
Commonest Types of Psoriasis (%)	1. Plaque (88.3) 2. Erythrodermic (5.0) 3. Flexural (5.0)	1. Plaque (86.6) 2. Pustular (5.4) 3. Erythrodermic (4.6)	1. Plaque (83.0) 2. Erythrodermic (5.2) 3. Guttate (2.3)
Body Surface Area Severity (%)			
Mild ($\leq 10\%$)	37.9	25.0	29.7
Moderate to severe ($>10\%$)	62.1	75.0	70.3
Psoriatic Nail Disease (%)	57.1	69.8	70.8
Psoriatic Arthropathy (%)	38.1	36.2	35.8
Dermatology Life Quality Index (%)			
≤ 10	87.1	62.6	64.7
>10	12.9	37.4	35.3
Commonest Systemic Treatment (%)	1. Methotrexate (71.9) 2. Acitretin (15.8) 3. Sulfasalazine (7.0) 4. Cyclosporine (5.3) 5. Biologics (0)	1. Methotrexate (70.7) 2. Acitretin (11.2) 3. Sulfasalazine (10.3) 4. Cyclosporine (6.0) 5. Biologics (1.7)	1. Methotrexate (72.4) 2. Acitretin (18.6) 3. Sulfasalazine (5.5) 4. Cyclosporine (4.4) 5. Systemic steroids (4.2)

- A higher proportion of patients with psoriasis were on systemic treatment in Hospital Tengku Ampuan Afzan (HTAA) in Pahang, on the east coast of Peninsula Malaysia, compared to Hospital Tengku Ampuan Rahimah (HTAR) in Selangor, on the west coast. This is because of the limited phototherapy service available in the state of Pahang resulting in restricted accessibility for many patients, hence the increased prescription of systemic medication.
- Nevertheless, prescribing practices for systemic agents were similar among dermatologists in both hospitals and in Malaysia overall, in accordance with national clinical practice guidelines⁵.

CONCLUSION

The majority of patients on systemic treatment for psoriasis had plaque-type psoriasis and moderate to severe disease based on body surface area. Methotrexate was the most favored systemic agent prescribed likely due to its cheap cost and wide availability.

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