

ABSTRACT

Clinical Profile, Treatment and Quality of Life of Patients with Psoriatic Arthropathy in Malaysia

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Introduction

Psoriatic arthropathy (PsA) is a major comorbidity of psoriasis. This study aims to describe the clinical profile, treatment and quality of life (QoL) of PsA patients in Malaysia.

Methodology

This is a retrospective cross-sectional study of psoriasis patients who were entered into the Malaysian Psoriasis Registry (MPR) from January 2007 to December 2018.

Results

Of 21,735 psoriasis patients, 2756 (12.7%) had PsA. The male to female ratio was 1:1. The mean age of psoriasis onset was 34.73±14.44 years. Family history of psoriasis was reported more in PsA vs non-PsA patients (26% vs 22.4%, p<0.001). PsA patients had a higher incidence of obesity (62.6% vs 54.4%, p<0.001), dyslipidaemia (23.8% vs 15.4%, p<0.001), hypertension (31.1% vs 22.7%, p<0.001) and diabetes mellitus (20.9% vs 15.2%, p<0.001), with more scalp (82.7% vs 81.0%, p=0.04) and nail involvement (74.5% vs 53.5%, p<0.001) compared to non-PsA patients. Among PsA patients, 54.3% had severe psoriasis (BSA >10 and/or DLQI >10). A quarter of erythrodermic psoriasis patients had PsA. The most common type of PsA was oligo-/monoarthropathy (47.9%), followed by distal interphalangeal arthropathy (31.3%), symmetrical polyarthropathy (28.3%), spondylitis/sacroiliitis (8.2%), and arthritis mutilans (3.2%). Nearly 40% of PsA patients received systemic treatment, but only 1.6% received biologics. QoL was significantly more affected in PsA vs non-PsA patients (mean Dermatology Life Quality Index (DLQI) 10.12±7.16 vs 9.52±6.67 (p<0.001)).

Conclusions

Overall, 1 in 8 MPR patients have PsA. They have a higher incidence of comorbidities, severe disease, impaired QoL and are more likely to receive systemic and biological treatment.