

EPIDEMIOLOGY AND CLINICAL FEATURES IN ADULT PATIENTS WITH PSORIASIS IN MALAYSIA

A. Mohd Affandi, I. Khan, N. Ngah Saaya

Department of Dermatology, Hospital Kuala Lumpur

INTRODUCTION

Psoriasis is a chronic disease affecting the skin and joints. It can have a significant impact on the physical, emotional, and psychosocial wellbeing of the patients.

OBJECTIVE

To determine the epidemiology and clinical characteristics in adult patients (aged > 18 years) with psoriasis in Malaysia.

METHOD

Data was obtained from the Malaysian Psoriasis Registry between July 2007 and Dec 2016.

RESULTS

A total of 15,794 adult patients were notified to the registry between July 2007 and December 2016. 56.6% of the patients were male and 50.5% of the patients were Malay. Mean age of the patients was 36.1 ± 17.1 years. 23.2% of patients had positive family history of psoriasis. Plaque psoriasis was the commonest type of psoriasis (85.1%), followed by guttate psoriasis (2.9%) and erythrodermic psoriasis (1.7%) (Figure 1). Psoriatic arthropathy was reported in 13.7% of patients (Figure 2). 57.1% patients had nail involvement (Figure 3). Most of the patients (93.3%) were on topical treatment (Figure 4). Only 2.8% of patients received phototherapy and NB-UVB was the commonest used (87.5%) (Figure 5). Systemic therapy was given in 18.4% of patients and the commonest systemic agent used was methotrexate (74.0%) (Figure 6). The mean DLQI score was 8.5 ± 6.6 (Figure 7).

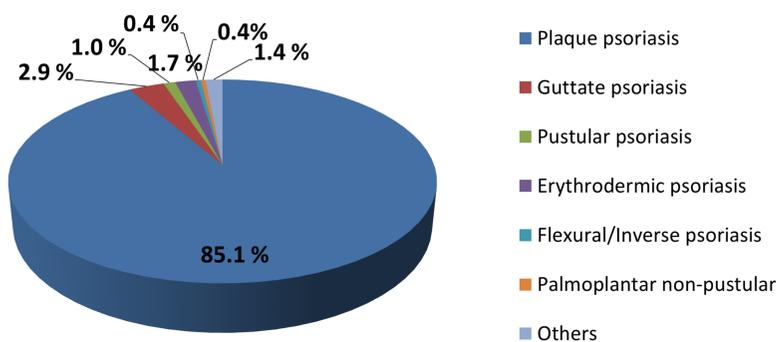


Figure 1 Types of psoriasis

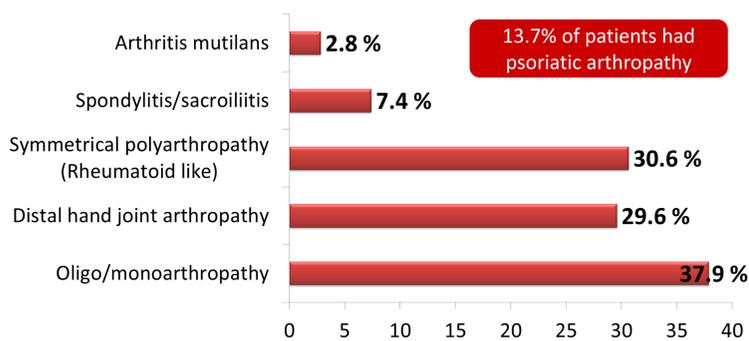


Figure 2 Types of psoriatic arthropathy

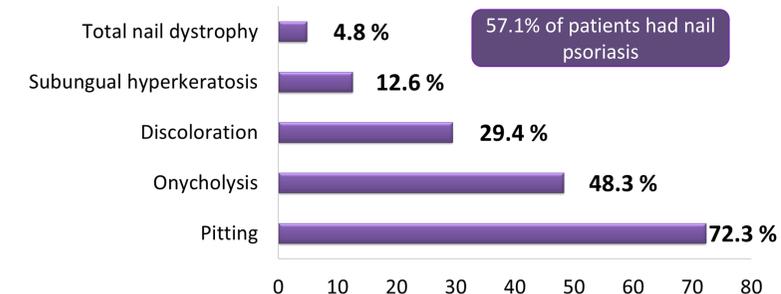


Figure 3 Types of nail psoriasis

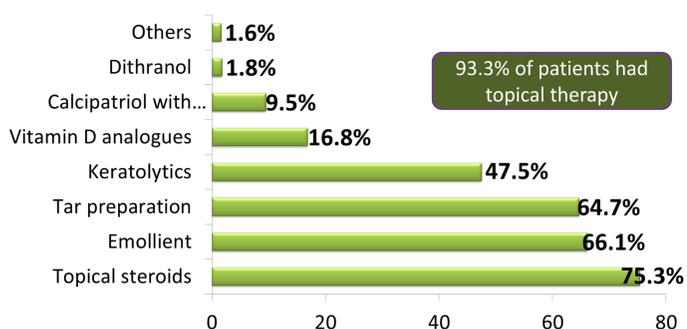


Figure 4 Types of topical therapy

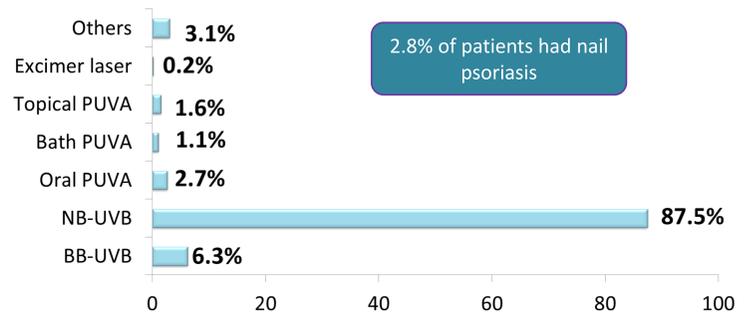


Figure 5 Phototherapy

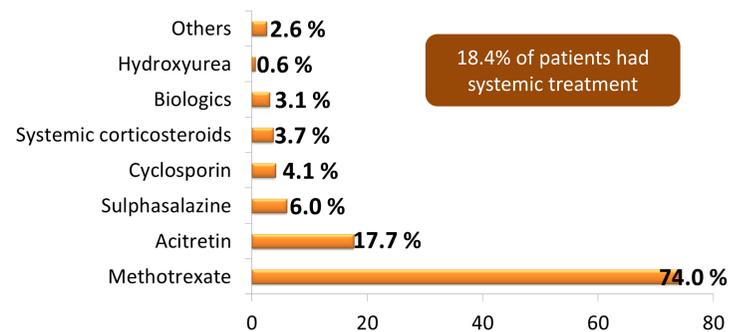


Figure 6 Systemic therapy

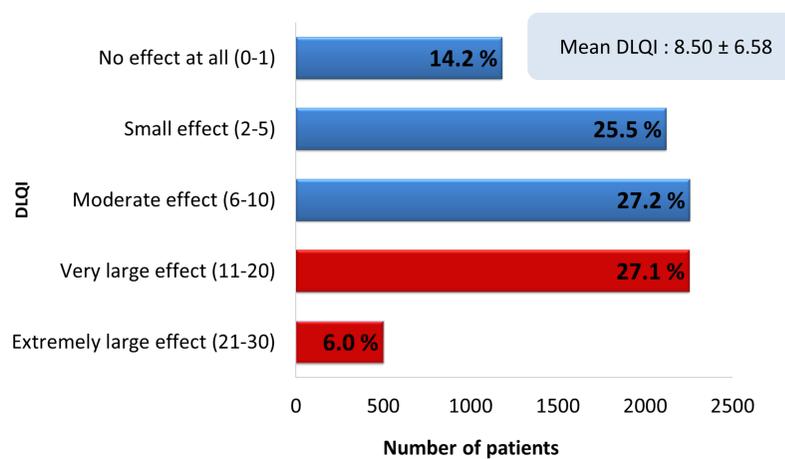


Figure 7 Quality of life in adult patients with psoriasis

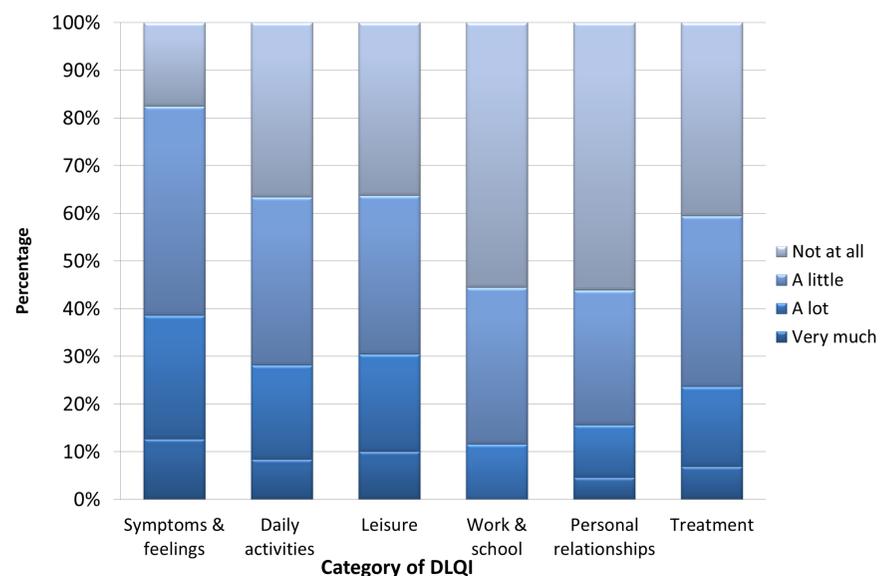


Figure 8 QoL impairment in adult psoriasis patients based on category of DLQI

CONCLUSION

Data from the Malaysian Psoriasis Registry reported a slight male preponderance among adult patients with psoriasis in Malaysia. Plaque psoriasis contributes to 85.1% of adult patients with psoriasis, and 13.7% of patients had psoriasis arthritis. Majority of the patients were on topical treatment (93.3%), followed by systemic agents (18.4%) and phototherapy (2.8%). It is important to note the moderate impairment in the quality of life in adult patients with psoriasis.

ACKNOWLEDGEMENT

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