INTRODUCTION

Psoriasis is an uncommon subtype of psoriasis that may present as a generalized or localized psoriatic skin eruptions. The localized variant is usually self-limiting and easier to control. However, the generalised variant can be quite disabling. The goals of treatment are to improve skin manifestations, alleviate associated systemic symptoms, and to minimize risk for life-threatening systemic complications.

OBJECTIVE

To determine the clinical characteristics & risk factors of adult patients (aged > 18 years) with psoriasis in Malaysia.

METHODOLOGY

Data was obtained from the Malaysian Psoriasis Registry between July 2007 and December 2015. Patients completed clinical assessment, alongside self-administered Dermatology Life Quality Index (DLQI). Patients were classified into two groups – psoriasis and non-psoriasis variants. Non-psoriasis psoriasis patients included plaque, erythrodermic, flexural and guttate psoriasis.

RESULTS

A total of 12,371 patients were notified to the registry between July 2007 and December 2015. 12,230 patients had the non-psoriasis variants and 141 patients had psoriasis. In patients with psoriasis, 101 (72.0%) were females, and 40 (28%) were males (Figure 1). 58.9% of the patients were Malay, 27.7% Chinese, 9.2% Indian and 4.3% from other ethnic groups (Figure 2). Mean age of patients with psoriasis was 45.92±15.46 years with a range from 18 to 85 years. Systemic therapy was used in 39% of patients with psoriasis (Figure 3). The commonest systemic agents used in patients with psoriatic psoriasis was acitretin (27.7%), followed by methotrexate (27.0%) and cyclosporin (5.7%). Systemic corticosteroid was given in 5.7% patients and biologic was given in 1.4% of patients (Figure 3). The mean DLQI in patients with psoriasis was 9.54±7.95, and 38.8% of patients had DLQI >10 (Figure 4). The domains of DLQI that were most commonly affected were daily activities, symptoms & feelings and leisure (Figure 5).

After adjusting for confounding factors by multiple logistic regression analysis (using enter method), 6 variables emerged as significant risk factors associated with psoriasis. Patients with psoriasis were more likely to be female (Adj. OR 3.84; 95% CI: 2.10, 7.03; p<0.001) and married (Adj. OR 4.35; 95% CI: 1.87, 10.14; p<0.001). They were also more likely to take more days off work (Adj. OR 4.97; 95% CI: 1.95, 12.68; p<0.001), require hospital admission (Adj. OR 6.15; 95% CI: 2.60, 14.56; p<0.001) and treated with systemic therapy (Adj. OR 5.37; 95% CI: 2.95, 9.77; p<0.001). Patients with psoriasis also had less joint involvement (Adj. OR 0.48; 95% CI: 0.23, 1.00; P=0.0094) (Table 1).

CONCLUSION

Patients with psoriasis were more likely to be female and married. They were also more likely to take more days off work, require hospital admission and treated with systemic therapy. They also had less joint involvement compared to patients with non-psoriatic variant of psoriasis.