



EPIDEMIOLOGY AND CLINICAL PATTERN OF PSORIASIS IN PAEDIATRIC POPULATION IN MALAYSIA



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BACKGROUND

Psoriasis is a genetically determined chronic inflammatory disorder, affecting between 1 - 3% of the general population and can occur in both adult and children. Little information is available on the prevalence of psoriasis in children. Previous studies found prevalence estimates of paediatric psoriasis ranging from 0.5% to 1.4%. Onset during the first 2 decades of life is reported in 31% to 45% of affected adults. Although a recent study suggested that childhood onset of psoriasis is not associated with disease severity, early onset may result in longer exposure to a chronic inflammatory condition and, thus, may affect the morbidity and mortality risk.

OBJECTIVE

The aim of this study was to evaluate the clinical characteristics of paediatric patients with psoriasis in Malaysia.

METHOD

This was a multicenter study involving 18 dermatology outpatient clinics participating in the Malaysian Psoriasis Registry (MPR). Paediatric patients aged <18 years notified to the registry from July 2007 to December 2012 were included in this study. Data were collected on the patient's first visit and every 6 months during follow-up visits. The impact of psoriasis on the quality of life of paediatric patients was determined by using the 10-item Children's Dermatology Life Quality Index (CDLQI).

RESULTS

There were a total of 677 paediatric patients (age <18 years) notified to the registry between July 2007 - December 2012. Slightly more than half of the patients were female (385, 56.9%), and (292, 43.1%) were male. Malay accounted for 70.6% of the patients, followed by Indian (12.3%), Chinese (8.9%) and 8.1% belong to other ethnic groups.

The mean age of onset of psoriasis in our cohort of patients was 9.8 ± 4.4 years. 19.1% of our patients had positive family history of psoriasis. Psoriatic arthropathy was reported in only 15 (2.2%) of our patients. At least one or multiple factors caused aggravation of psoriasis in 38.1% of paediatric patients with psoriasis. Stress was the commonest aggravating factor (57.0%), followed by sunlight (45.0%), infection (20.5%) and trauma (9.3%).

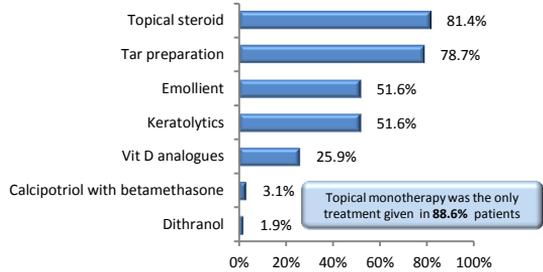


Figure 4 Topical therapy

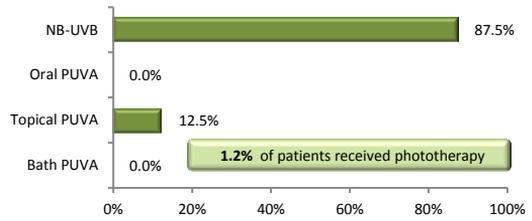


Figure 5 Phototherapy

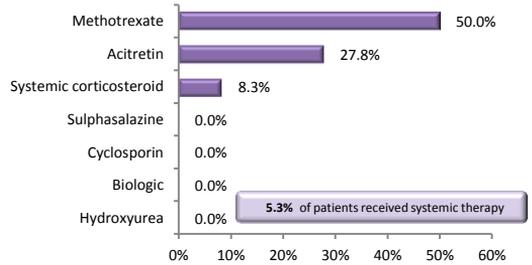


Figure 6 Systemic therapy

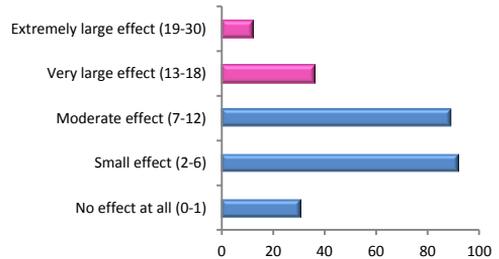


Figure 7 Dermatology Life Quality Index in paediatric patients with psoriasis

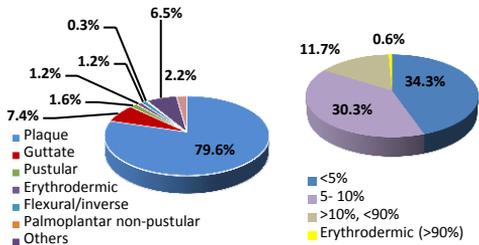


Figure 1 Types of psoriasis

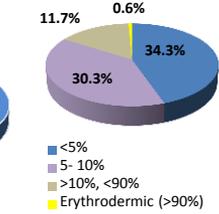


Figure 2 Severity of psoriasis

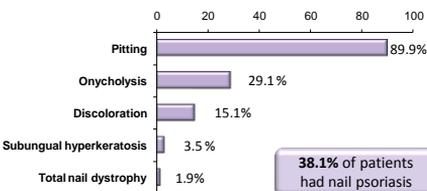


Figure 3 Nail psoriasis

CONCLUSION

Data from the Malaysian Psoriasis Registry reported a slight female preponderance among paediatric patients with psoriasis in Malaysia. Plaque psoriasis is the commonest type of psoriasis and only a small percentage of the patients had psoriatic arthropathy. Topical therapy, which is safer, with less side effects, remains the treatment of choice in our patients. In patients with moderate/severe psoriasis, NBUVB and methotrexate were the treatments of choice. It is important to note the moderate impairment in the quality of life in paediatric patients with psoriasis.

CONFLICT OF INTEREST & ACKNOWLEDGEMENT

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