

## Metabolic syndrome link to psoriasis and role of topical therapy in long-term treatment of psoriasis

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 Venue: Langham Place, Mongkok, Hong Kong  
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 Organiser: The Hong Kong Society of Dermatology and Venereology

Issues concerning the co-morbidities in psoriasis and the way for optimization of topical treatment were discussed in the presentation.

### **Psoriasis and cardiovascular co-morbidities**

Psoriasis is a common, chronic, systemic inflammatory skin disease and it has tremendous negative impact on patients' daily life. Besides, there is substantial epidemiological evidence to suggest that psoriasis is associated with various cardiometabolic risk factors and cardiovascular diseases. Psoriasis is associated with hypertension, diabetes mellitus, hyperlipidaemia and metabolic syndrome in various population based epidemiological studies. It has also been shown that severe psoriasis is associated with increased risk of myocardial infarction after controlling for the traditional cardiovascular risk factors.

Various factors may play a role in the linkage. Lifestyle, alcoholism, systemic treatment and particularly underlying chronic inflammation may all contribute to the increased cardiovascular risk.

### **Topical therapy in psoriasis**

There is a wide variety of manifestation of psoriasis, ranging from limited area of

involvement to erythroderma. Fortunately, majority of the psoriasis patients are suffering from limited disease and the disease can be controlled with topical medication. Compliance is the key issue for success of topical therapy. However, patients' compliance to topical medication tends to decline with time. Patients are unlikely to comply with complicated treatment regime as well.

Single daily application of effective treatment will improve the drug compliance. Commercial combination of calcipotriol and betamethasone (Daivobet® ointment) is available and it is shown to be effective in controlling localized disease. For patient with more generalized disease affecting body surface area of 10-20%, trial of Daivobet® ointment for 4 weeks can be used before initiating systemic treatment for disease control. After satisfactory disease control, frequency of topical treatment can be reduced and maintenance topical treatment twice per week may be used.

The advantage of topical combination treatment, Daivobet® ointment, includes: 1) quick onset of action and clinical improvement may be observed within one week, 2) safety data of Daivobet® ointment is available up to 52 weeks and 3) proven efficacy for once daily application, which may enhance drug compliance.

### **Learning points**

Psoriasis is more than skin deep. Current evidence suggests that psoriasis is linked to various cardiovascular co-morbidities. There are 3 key factors for effective topical psoriasis treatment: efficacy, safety and compliance.