

Scientific Meeting - Dermatology Summit

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Date: 23 April 2022
Venue: Virtual
Organiser: Hong Kong Society of
Dermatology and Venereology

In search of completely clear skin - Findings from clinical trials, real world evidence and long-term data

Speaker: C Griffiths

Director of the Manchester Centre for Dermatology Research and Head of the Dermatology Theme of the National Institute for Health Research (NIHR) Manchester Biomedical Research Centre, UK

Safety data by real-world-evidence has shown that there is no increase in risk for serious infection or cancer compared to conventional treatment for psoriasis. However, there is variability in response to biologics due to various reasons. Predictors of non-achievements of PASI 90 at 6 months included: female sex, unemployment, ex- and current smoking, high weight, psoriasis of the palms and/or soles, and presence of small plaques only compared with small and large plaques. Recent researches have shown that Ixekizumab (IXE) works faster to achieve PASI 50/75/90/100 than many other biologics at week 10-16 for moderate-to-severe psoriasis treatment, though long-term response may be similar to some biologics. In addition, IXE-treated patients rapidly achieved and sustained improvements in scalp, nail and palmoplantar psoriasis.

Learning points:

1. General lifestyle advice for psoriasis patients is important both for overall health improvement and to improve their chance of responding to treatment.
2. Nail psoriasis attaches great importance to the quality of life of a patient as it is a predictor of psoriatic arthritis, also causes pain, cosmetic problems and restrictions in daily activities.
3. Early results of Ixekizumab were promising in view of its faster treatment response and provided significant improvement in nail psoriasis.