



29 October  
World Psoriasis Day

## PSORIASIS AND CO-MORBIDITIES

### WHAT IS THE NEWS?

#### Psoriasis is a serious disease

Skin inflammation in psoriasis is just the tip of the iceberg – there is increasing evidence suggesting links with serious health concerns such as cardiovascular disease, diabetes, liver disease, depression and obesity.

#### Psoriasis impacts overall health

People with psoriasis have an:

- Increased prevalence of metabolic syndrome
  - Abdominal obesity
  - High lipids
  - High blood pressure
  - Insulin resistance
- Increased prevalence of smoking
  - An independent risk factor for cardiovascular disease and cancer
  - Smoking can affect severity of psoriasis
  - > 20 cigarettes per day is associated with more severe psoriasis
  - Smoking can reduce response to therapies

*Herron M, et al Arch Dermatol.2005: 141:1527-1534*
- Increased incidence of obesity
  - A significant public health issue: increased risk of morbidity, hypertension, lipids, type II diabetes, cardiovascular disease, osteoarthritis and cancer
  - Increase body weight associated with all causes of mortality
  - People with psoriasis are at greater risk of being obese than the general population
  - Obesity can impact therapeutic response, dose and treatment options

*McGowan J, et al Arch Derm 2005: 141:1601-1602*
- Increased prevalence of cardiovascular disease, even without other risk factors
  - Heart disease: blood vessels harden, clog, get inflamed and become blocked or lose function
  - Strokes: similar situation in the brain
  - Circulatory system: legs, other vessels experience decreased blood flow
  - People with psoriatic disease have co-morbidities that contribute to their risk of developing CV disease

World Psoriasis Day is presented by  IFPA  
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World Psoriasis Day

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- Psoriasis itself appears to add to CV risk independent of other co-morbidities  
*Gelfand J, et al JAMA 2006: 296-1735-1741*

### WHY IS THIS IMPORTANT?

Psoriasis is a chronic disease that deserves the full attention of the one affected, the medical community and the public health community.

Psoriasis, once described as a visual disease, is actually affecting our health more than we realized.

### Supporting studies

There is a growing body of evidence supporting the link between psoriasis and co-morbidities. For example, a recent publication in the Journal of the American Medical Association (JAMA) by Dr. Joel Gelfand et al. studied a UK population and found that patients with psoriasis had an increased risk for heart attack that varied by age. This supports the findings from Drs. Mona Stahle and Lotus Mallbris from the Karolinska Institute and many other independent scientific investigations from around the world.

In addition, a recent survey conducted by the Swedish Psoriasis Association highlighted similar links between psoriasis and other health concerns including heart problems, lipid imbalances, psoriatic arthritis, pain, eye problems etc.

### What does this mean for people with psoriasis?

Psoriasis is a tremendous burden. Its impact on quality of life is similar to that of other serious diseases such as cancer and depression. This burden may in itself contribute to increased risk factors. Identification of psoriasis as a serious disease by the medical community, led by the International Psoriasis Council, and increased awareness amongst the public may provide greater support for people with psoriasis to deal with the disease appropriately and discuss with their physicians how to minimize lifestyle risk factors.

### BACKGROUND INFORMATION

#### What is World Psoriasis Day?

World Psoriasis Day is a global initiative dedicated to people with psoriasis. Events take place around the world throughout the year under the banner of World Psoriasis Day and the celebrations culminate on 29 October each year. Conceived by patients for patients, World Psoriasis Day is a truly global event that sets out to give an international voice to the 125 million people with psoriasis around the world.

Formed by a global consortium of patient associations, World Psoriasis Day aims to raise the profile of a condition which needs to be taken more seriously by national and international authorities. World Psoriasis Day is an initiative of the International Federation of Psoriasis Associations. [www.worldpsoriasisday.com](http://www.worldpsoriasisday.com)



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### **What is the International Federation of Psoriasis Associations?**

The International Federation of Psoriasis Associations is a nonprofit organization made up of psoriasis associations from around the world united so that their global campaign for improved medical care, greater public understanding and increased research will improve the lives of people who live with psoriasis.

### **For further information please contact**

#### **IFPA SECRETARIAT**

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or visit [www.ifpa-pso.org](http://www.ifpa-pso.org)

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