PSORIASIS
Dra. Marta Ferrán
Diagnosis

• Clinical picture in palmar eczema vs psoriasis
  • Sharp demarcation in palmar psoriasis
  • More pruritus and painful fissures in palmar eczema
  • More thick scaling and hyperkeratosis in palmar eczema (hyperkeratotic)

• Dermoscopy
  • Trichoscopy: dilated capillaries with glomerular shape
  • Onychoscopy: dd with onychomycosis

• Biopsy
  • Margin of the lesion
  • Histological clues for differentiating palmoplantar eczema vs psoriasis
    • Confluent parakeratosis and loss of granular layer in pp psoriasis
    • Spongiosis in hyperkeratotic pp eczema

• Pitfalls
  • Psoriasiform dermatitides: PRP, mycosis fungoides, crusted scabies, CLE
  • Paradoxical psoriasiform reactions

Review and updates. Psoriasis. Diagnosis and management of palmoplantar psoriasis. P. Holló
Review and updates. Psoriasis. Clinical manifestations and pitfalls. LL. Puig
Classical Systemic Therapies

• Methotrexate
  • Recommended starting dose: 15-17.5 mg/week SC
    • Dose escalation up to 22.5 mg/week
  • MTX is effective and safe in childhood and adolescent psoriasis (RCT)
  • Predictors of methotrexate treatment success
    • Pre-treatment serum Ca^{2+} level correlates with treatment success
    • HLA-Cw6-positive show improved response to MTX
  • MTX monitoring
    • Variable among countries
    • NAFLD screening is recommended before MTX initiation (NAFLD fibrosis score)
Classical Systemic Therapies

• Acitretin
  • Low dose acitretin (20mg/day) efficacy is low
    • PASI-75 (24w): 22%
  • Recommendation: 10 mg starting dose and increase by 10mg eow
  • Whole Exome Sequencing contributes to studies of acitretin clinical response differences

• Cyclosporine
  • Remission rate remains high during intermittent treatment
Fumaric acid esters

• Fixed combination Fumaderm® is approved in Germany (1995)
• Main active ingredient: dimethyl fumarate
• Efficacy: 40.3% PASI 75
• Real World data from Psoriasis Registry PsoBest (n=7000)
  • 1409 patients on FAE (vs 877 on MTX)
  • Typically used as first-line oral therapy
  • Younger patients, less weighted, less nail involvement, no PsA
• Safety
  • Well tolerated (flushing and gastrointestinal disturbance)
  • Concerns about neutropenia and PML
• Recent development: new formulation of DMF (LAS41008)
  • No inferiority to Fumaderm®
  • Similarly effective in patients previously treated with systemic ttm vs naive

Free communications in psoriasis. FAE for the treatment of psoriasis in Germany. Christina Sorbe
Eposter. J. Szepietowski