



PSORIASIS

EFFECTIVENESS AND SAFETY OF METHOTREXATE FOR CHINESE PSORIATIC PATIENTS WITH AND WITHOUT ARTHRITIS: A PROSPECTIVE COHORT STUDY

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Background: Methotrexate is a first-line systemic treatment for psoriasis, but its efficacious and safety between patients with (PsO/PsA) and without psoriatic arthritis (PsO) is not certain.

Objective: To evaluate the effectiveness and safety of MTX in treating PsO and PsO/PsA.

Materials and Methods: We performed a single-center, prospective cohort study between April 2015 and December 2017. A total of 235 patients with PsO (n=107) and PsO/PsA (n=128) receiving low-dosage oral MTX (7.5-15 mg/wk) therapy for 12 weeks were recruited. Changes in disease severity, adverse events, blood counts, and liver and renal function were analyzed between two PsO and PsO/PsA.

Results: The PASI90 response was significantly ($P < .05$) lower in PsO/PsA patients than in PsO patients at weeks 8 (3% vs 1%) and 12 ((15% vs 25%). Furthermore, the incidences of adverse events including dizziness (9% vs 1%), gastrointestinal symptoms (25% vs 12%) and hepatotoxicity (27% vs 15%) were significantly more common in PsO/PsA than in PsO patients ($P < .05$). MTX-induced elevation of alanine aminotransferase was associated with body mass index (BMI) and smoking ($P < .05$).

Conclusions: Methotrexate was well tolerated and effective in treating psoriasis. It was more effective, with fewer side effects, in patients with psoriasis who did not exhibit psoriatic arthritis than in patients who presented with both psoriasis and psoriatic arthritis.

