



PSORIASIS

## PREVALENCE OF METABOLIC SYNDROME IN PATIENTS WITH PSORIASIS

*D Demaj<sup>(1)</sup> - E Vasili<sup>(1)</sup> - L Kuneshka<sup>(1)</sup>*

*Mother Theresa Hospital, Dermatology, Tirana, Albania<sup>(1)</sup>*

**Introduction:** Psoriasis is a chronic systemic autoimmune skin disorder. Lately, a positive association has been confirmed between psoriasis and metabolic syndrome (MBS).

**Objective:** Asses the prevalence of MBS in Albanian patients with psoriasis and the differential effect according to types and disease severity.

**Materials and methods:** This was a case-control study, including 148 patients with psoriasis and 150 age and gender-matched controls. Excluded: less than 18 years old, pregnant, or receiving biologic drugs .

MBS was diagnosed in the presence of three or more criteria of the National Cholesterol Education Programe Adult Panel III: 1. Fasting blood sugar  $\geq 100$ mg/dl or treatment for hyperglycemia, 2.serum HDL level  $< 40$ mg/dl in men or  $< 50$ mg/dl in women or treatment for low HDL. 3. Serum triglyceride level  $\geq 150$ mg/dl or treatment for elevated tryglycerides 4. obesity defined by waist circumference  $\geq 102$  cm in men or  $\geq 88$  in women 5.blood pressure  $\geq 130/85$ mmhg or treatment for hypertension.

**Results:** The mean age was  $52.3 \pm 12.6$  years in psoriatic patients and  $54.46 \pm 15.18$  years in controls without a difference between groups. Psoriatic patients 38,5% were women and 61,5 % were men. There is a positive statistical significance between age, disease duration and MBS. Patients with psoriasis were more likely to have MBS as compared to controls 63% vs 48,7%.MBS of the psoriatic patients CI 95% [ 0,001-0,003] is significant in relation with the MBS of control CI 95% [0,800-0,816]  $P < 0.002$ . PASI score was greater in patients with MBS than those without. ( $p = 0.004$ ). There was a significant relationship between PASI  $> 10$  and obesity, ( $p = 0.0152$ ). Patients with severe psoriasis (PASI  $> 10$ ) were 2,6 times more likely to have MBS: OR 2.6.

**Conclusions:** This was the first study to assess the prevalence of MBS in Albanian subjects.

