

Psoriasis linked to dyslipidaemia: study

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PEOPLE with psoriasis are more likely to have dyslipidaemia, and the association is stronger with more severe psoriasis, a study shows.

US researchers found the link by analysing 25 observational studies involving more than 2.4 million patients, of whom over 260,000 had psoriasis.

The link was found in 80% (20) of the studies, with the odds of dyslipidaemia ranging from a 4% to 500% increase in patients with psoriasis, compared with those without, where dyslipidaemia was defined as LDL cholesterol greater than 3.4mmol/L and total cholesterol more than 6.5mmol/L.

The association held for multiple measures of dyslipidaemia, where patients with psoriasis had a 20% to 500% increased risk of hypertriglyceridemia, defined as triglycerides greater than 1.7 mmol/L.

Similarly, patients with psoriasis were 36% to 77% more likely to have inadequate HDL cholesterol levels, defined as less than 1.0 mmol/L.

“Whether well-controlled dys-



lipidaemia contributes to amelioration of psoriasis symptoms constitutes an important and clinically relevant question,” the authors said.

However, they noted the clinical effectiveness of statins on psoriasis was inconclusive.

Patients with mild psoriasis

were up to three times more likely to have dyslipidaemia and those with severe psoriasis had up to a five-fold higher rate.

One of the largest studies, of 1.3 million people in Germany, found a 75% higher prevalence of dyslipidaemia in patients with psoriasis than the general population.

The authors speculated the increased odds of dyslipidaemia among psoriasis patients supported a common inflammatory pathway for each condition, which might be explained by the cytokines implicated in each condition.

Medications could be

responsible for modulating the relationship between psoriasis and dyslipidaemia, they said.

“Whereas TNF inhibitors may have no effect on some patients with psoriasis, they could paradoxically raise lipid levels in others,” they said.

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