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Acitretin versus Methotrexate in severe plaque psoriasis

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Objective: To compare acitretin and methotrexate in severe plaque psoriasis in terms of effectiveness and side effects.

Methods: A total of 54 patients were assigned to treatment for 8 weeks with either acitretin (32 patients; 30 mg per day) or methotrexate (22 patients; 15 mg per week). The effectiveness of two kinds of drugs was assessed by psoriasis area and severity index (PASI).

Results: After 8 weeks of treatment, the mean (\pm s) score for PASI decreased from 24.46 ± 5.53 at base line to 9.65 ± 6.71 ($P < 0.001$) among 32 patients treated with acitretin, whereas the score decreased from 25.21 ± 5.86 to 7.00 ± 4.56 ($P < 0.001$) among 22 patients treated with methotrexate. However, there were no significant differences in the response rates of PASI between two groups and also in PASI50, PASI75 and PASI90 response rate ($P > 0.05$).

Conclusions: Acitretin and methotrexate in severe plaque psoriasis were similarly effective and the incidence of adverse reactions was low.

Biography

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