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Endocrine, nutritional and metabolic diseases comorbidities in young patients with severe plaque psoriasis: A hospital-based study

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Background: Psoriasis is associated with multiple other comorbidities, including metabolic disorders such as obesity (Obs), Thyroid gland diseases (ThD) and diabetes mellitus (DM) but no study has been performed metabolic disorders in Russian population of Psoriasis (PsO) patients.

Objectives: To evaluate the prevalence of Obs, ThD and DM comorbidity in a hospital-based cohort of patients (patients) with severe PsO.

Methods: 330 patients (234 Male and 96 Female), mean age 39.9 ± 0.9 and 38.05 ± 1.3 years accordingly, mean PASI 49.4 ± 0.56 , PsO duration 11.6 ± 0.6 years were included. PsO patients with endocrine, nutritional and metabolic diseases (E00-E90) (ENMD), including thyroid gland diseases (E00-E07), obesity and other hyperalimentation (E65-E68), diabetes mellitus (E10-E14) were identify in the hospital database reporting and coding by international statistical classification of disease and related health problems (ICD-10) during 2010-2011. All $p < 0.05$ were considered to indicate statistical significance.

Results: 54 (34 Males and 20 Females) out of 330 patients (16.4%) had ENMD. Males and females patients were at the same age. ENMD coding as E00-E07 were found in significantly more cases in female patients compare to male patients in 6 out of 20 patients (30.0%) and in 3 out of 34 patients (8.8%) accordingly ($p < 0.05$). Obs coding as E65-E68 were found in significantly more cases in female patients compare to male patients in 13 out of 20 patients (65.0%) and in 19 out of 34 patients (55.9%) accordingly ($p < 0.05$). DM coding as E10-E14 were found in significantly more cases in male patients compare to female patients in 16 out of 34 patients (47%) and in 6 out of 20 patients (30%) accordingly ($p < 0.05$).

Conclusions: ENMD comorbidities are common for hospital-treated cohort patients with severe plaque PsO. Young male patients with severe plaque PsO significantly often suffer from DM compared to female patients. Young female patients with severe plaque PsO tend to suffer from thyroid gland diseases, obesity and other hyperalimentation compared to male patients. Patients with psoriasis should be routinely screened for metabolic syndrome in a multidisciplinary manner and treated promptly and effectively.

Biography

Batkaeva Nadezhda is Dermatoverologist, allergologist-immunologist, clinical micologist, cosmetologist, dermatooncologist. He is Associate professor Department of clinical mycology and dermatovenereology of RUDN University. He is also a assistant of chief editor of "Journal of postgraduate medical education", Moscow, Russia. Dr. Nadezhda is a Member of the Moscow union of dermatologists, International Union against Sexually Transmitted Infections (IUSTI), Association of allergists and immunologists of the CIS, World Allergy Organization (WAO), world immunopathology organization (WIPO).

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