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P118 Palmoplantar psoriasis: association with comorbidities

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Introduction: Palmo-plantar psoriasis (PP) is a localized form of psoriasis that can affect only palms and/or soles in the absence of psoriatic lesions in any other parts of the body or may accompany psoriatic lesions elsewhere.

Term 'Psoriatic disease' refers reveals systemic impact of the disease. Some publications reveal correlation between psoriasis severity and affected area (BSA) with higher risk of comorbidities.

The aim of this study was to reveal comorbidities in palmo-plantar psoriasis patients with relatively low BSA percentage, but still high disease burden.

Materials and Methods: Data was collected from October 2022 till January 2024. Forty-five patients with isolated palmoplantar psoriasis were included into study if complete medical documentation was available and histological diagnosis of PP was approved. Paediatric patients were excluded from the study.

Results: A total of 45 patients with PP were included into research.

Thirty patients (66.66%) had at least one comorbidity with the disease duration from 1 to 4 years.

From 30 patients with comorbidities 53.3% had primary arterial hypertension (35.5% in total). 20% had gastrointestinal disease [incl. ulcerative colitis, hepatic steatosis, gastroduodenal ulcer, GERD (13.3% in total)]. Dyslipidaemia was present in 16.6% in this group (11.1% in total) ; bronchial asthma in 13.3% (8.8% in total); and diabetes mellitus second type, haemolytic anaemia, psoriatic arthritis, neurologic disorders (incl. insomnia, anxiety, depression: each in 6.66% (4.4% in total). Autoimmune thyroiditis was revealed in 3.3% from PP patients with comorbidities and 2.2% in total.

Conclusions: The obtained results are consistent with literature data on the association between psoriasis and arterial hypertension. Palmoplantar psoriasis patients with relatively low percentage of affected skin area reveals most concomitant associated diseases—cardiovascular, gastrointestinal, neurological etc.

The risk of developing hypertension is elevated in patients not only with severe psoriasis, but also in PP. Further investigation should be performed to determine association with metabolic syndrome and disease duration as well as comprehensive cardiovascular risk assessment in this population.