

PSORIASIS AND OCULAR MANIFESTATIONS: AN OBSERVATIONAL STUDY

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ABSTRACT

Background- Psoriasis is an autoimmune condition characterized by well defined erythematous indurated scaly plaques with remittent and relapsing course. Nearly 1-3% of the world population is affected with psoriasis. There is exaggerated and disordered epidermal cell proliferation and keratinization. Systemic involvement can occur in psoriasis. Eye involvement can be seen in almost 10% of the people affected with psoriasis and it usually occur later in the course.

Aim: To assess the frequency of various types of ocular manifestations in individuals affected with psoriasis.

Methodology: 60 patients aged more than 18 years and diagnosed with psoriasis were finally enrolled in the study. Complete eye examination was performed in all of them.

Results: Among 60 patients, 40 had ocular manifestations. Cataract was the most common ocular manifestation seen in 37.5% affected individuals followed by dry eyes, chronic conjunctivitis, blepharitis and acute anterior uveitis respectively. Ocular manifestations were more common in patients with PASI score > 10. There was no statistical significance between duration of disease and ocular manifestations of psoriasis (p-value-0.19).

Conclusion: Ocular involvement is not so rare in psoriasis hence routine eye examination should be recommended in individuals affected with psoriasis to screen for commonly associated ophthalmic conditions.

KEYWORDS : Psoriasis, cataract, blepharitis, dry eyes, uveitis.**INTRODUCTION**

1-3% of the world population is affected with psoriasis.¹ It is a chronic autoimmune condition characterized by well defined erythematous indurated scaly plaques. About 10% of the affected individuals have various types of ocular manifestations.^{2,3}

Ophthalmic complications of psoriasis are not so rare and can affect almost any part of the eye. These ocular manifestations usually occur much later after the skin involvement. Consequences of ocular manifestations of psoriasis are often neglected hence routine eye examination should be performed in all the affected patients.

METHODOLOGY

This was a prospective study in which 60 patients affected with psoriasis were enrolled at a secondary health institute of North India over a period of 6 months (September 2019-February 2020). Patients aged more than 18 years and clinically confirmed with the diagnosis of psoriasis and who gave written informed consent were included in the study. Pregnant females and individuals with other associated comorbidities like diabetes, hypertension etc. were excluded from the study. Patient characteristics like age, gender, duration of disease, type of psoriasis, total area of skin involvement, past and current treatment, ocular symptoms were noted.

RESULTS

Out of 60 patients affected with psoriasis 40 had ocular involvement. Majority of the affected individuals were in the age group of 40-60 years. Mean age of the affected individuals was 46.8 years. Ocular involvement was more common in female (60%) patients as compared to male (40%) patients. Patients suffering from psoriasis for more than 1 year, total body surface area involvement of more than 30-40% and Psoriasis area severity index (PASI) more than 10 had more common eye involvement as compared to those with shorter duration of illness. On eye examination cataract was the most common manifestation seen in 37.5% patients followed by dry eyes which was seen in 25% patients. Chronic conjunctivitis was seen in 17.5% patients, blepharitis in 12.5% and acute anterior uveitis was seen in 7.5% patients. (figure 1 and 2)



Figure 1: a 56 year old female patient with cataract

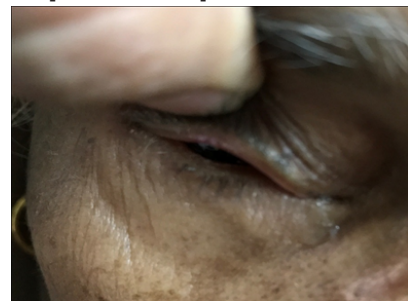


Figure 2: psoriatic patient with blepharitis

DISCUSSION

Psoriasis is a chronic inflammatory disorder with various extra cutaneous manifestations. Eye involvement in psoriasis is not rare and can be seen in 10% of the affected individuals.

Present study showed prevalence of ocular manifestations in psoriasis to be 66% which was similar to the prevalence in previous studies by Chandran et al⁴ and Erbagci et al.⁵

In one of the study by Wanscheret et al⁶ on 266 patients affected with psoriasis it was found that the incidence of cataract among psoriasis patients did not exceed the normal population and hence it was concluded by them that routine eye examination is not necessary in such group of patients. However in present study, in the age group of 40-60 years, 37.5 % of patients had cataract. Therefore it is important to examine every patient with psoriasis with history of decrease of vision for presence of cataract to prevent any further irreversible sequelae. Prevalence of blepharitis in our study

was found to be 12.5% while Erbagci et al⁵ showed prevalence of 65% in psoriasis patients. In a study conducted by Okamoto et al⁷ it was found that frequency of ocular manifestations was more common in individuals with PASI score of more than 10. Small sample size was the limitation of present study as the results could not be generalized.

CONCLUSION

Routine eye examination should be performed with cutaneous examination in patients affected with psoriasis as ocular manifestations are not so rare in them. Cataract, dry eyes, blepharitis and acute anterior uveitis were the most common ocular manifestations seen in present study. Ocular involvement was also more common in individuals with PASI score of more than 10.

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