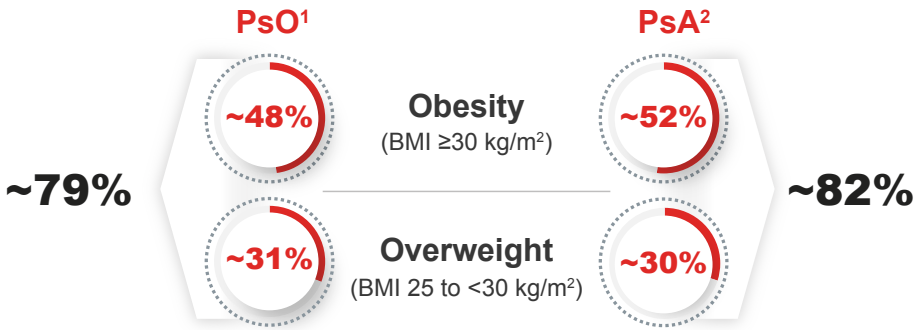
Understanding Obesity in Psoriatic Diseases

US Prevalence Among Patients with



Patients with **PsO and comorbid obesity** are more likely to experience involvement in **challenging body areas:**



Palms and soles[3]



Nails[4]



Intertriginous areas[5,6]



In patients with PsA, **obesity** is associated with **higher nail psoriasis** disease[7]

Patients with psoriatic disease with comorbid obesity experience:

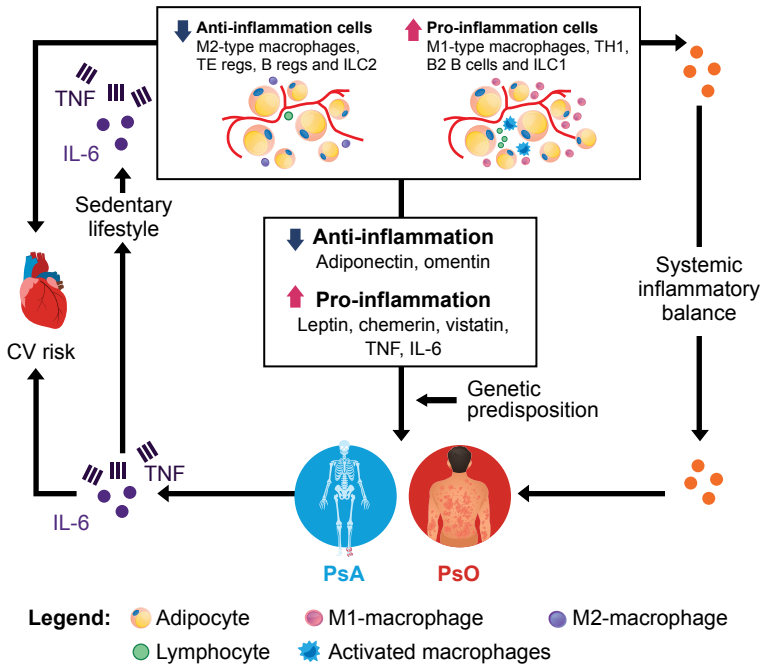
- Effects on quality of life[8-11]
- Reduced functional ability[10-12]
- Greater psoriasis severity and disease activity[7,11-18]
- Decreased response to therapy[12,13,15-19]

One study found that...

PsO patients with obesity are **21% less likely** to achieve **PASI 90** when treated with a biologic[20]

PsA patients with obesity are **2.5 to 3-fold less likely** to be in **remission/LDA**[21,a]

Role of Adipose Tissue in Psoriatic Diseases[22]



Guideline Recommendations

AAD/NPF[23]

- **Inform** patients about metabolic risk and PsO
- **Advise** healthy lifestyle
- **Ensure** engagement with PCP for screening
- **Communicate** with PCP for coordinated care

ACR/NPF, EULAR and GRAPPA[12,24,25]

- **Recommend** weight loss for patients with overweight/obesity[b]
- **Encourage** maintenance of healthy weight to help minimize disease impact

[a]Remission/LDA was defined as Very Low Disease Activity (VLDA)/minimal disease activity (MDA) or Disease Activity in PSoriatic Arthritis (DAPSA) ≤4/≤14. [b]Conditional recommendation based on low-quality evidence.[24] AAD=American Academy of Dermatology; ACR=American College of Rheumatology; BMI=body mass index; B regs=regulatory B cells; CV=cardiovascular; EULAR=European Alliance of Associations for Rheumatology; GRAPPA=Group for Research and Assessment of Psoriasis and Psoriatic Arthritis; IL-6=interleukin-6; ILC=innate lymphoid cells; LDA=low disease activity; NPF=National Psoriasis Foundation; PASI=psoriasis area disease severity index; PCP=primary care provider; PROs=patient-reported outcomes; PsA=psoriatic arthritis; PsO=psoriasis; TE regs=regulatory T cells; TH=T helper cells; TNF=tumor necrosis factor; US=United States.

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