

# Psoriatic Arthritis in psoriasis patients



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## INTRODUCTION

Psoriatic arthritis (PsA) is a type of arthritis that develops in some people with the skin condition psoriasis. It typically causes affected joints to become inflamed (swollen), stiff and painful. (1)

PsA is a long-term condition that can get progressively worse. In severe cases, there's a risk of the joints becoming permanently damaged or deformed, which may require surgical treatment. However, with an early diagnosis and appropriate treatment, it's possible to slow down the progression of the condition and minimise or prevent permanent damage to the joints. (2)

Etiology of the disease is still unclear but a number of genetic associations have been identified. Inheritance of the disease is multilevel and the role of environmental factors is emphasized. (3)

## Symptoms & Presentation

- The classic clinical manifestations of PsA include swelling, tenderness, stiffness, and pain of the joints and surrounding tissues.
- Dactylitis ("sausage digit") is a hallmark feature of PsA that involves swelling of the joints, tendons, ligaments, and synovial tissue in the hands and/or feet.
- pitting, discoloration and thickening of nails.
- pain and swelling in heels, caused by inflammation where the Achilles tendon attaches to the bone. (2)



Figure 1: shows symptoms of PsA. (3)

The severity of the condition can vary considerably from person to person. Some people may have severe problems affecting many joints, whereas others may only notice mild symptoms in 1 or 2 joints. There may be times when symptoms improve (known as remission) and periods when they get worse (known as flare-ups or relapses). (1)

Relapses can be very difficult to predict, but can often be managed with medication when they do occur. (1)

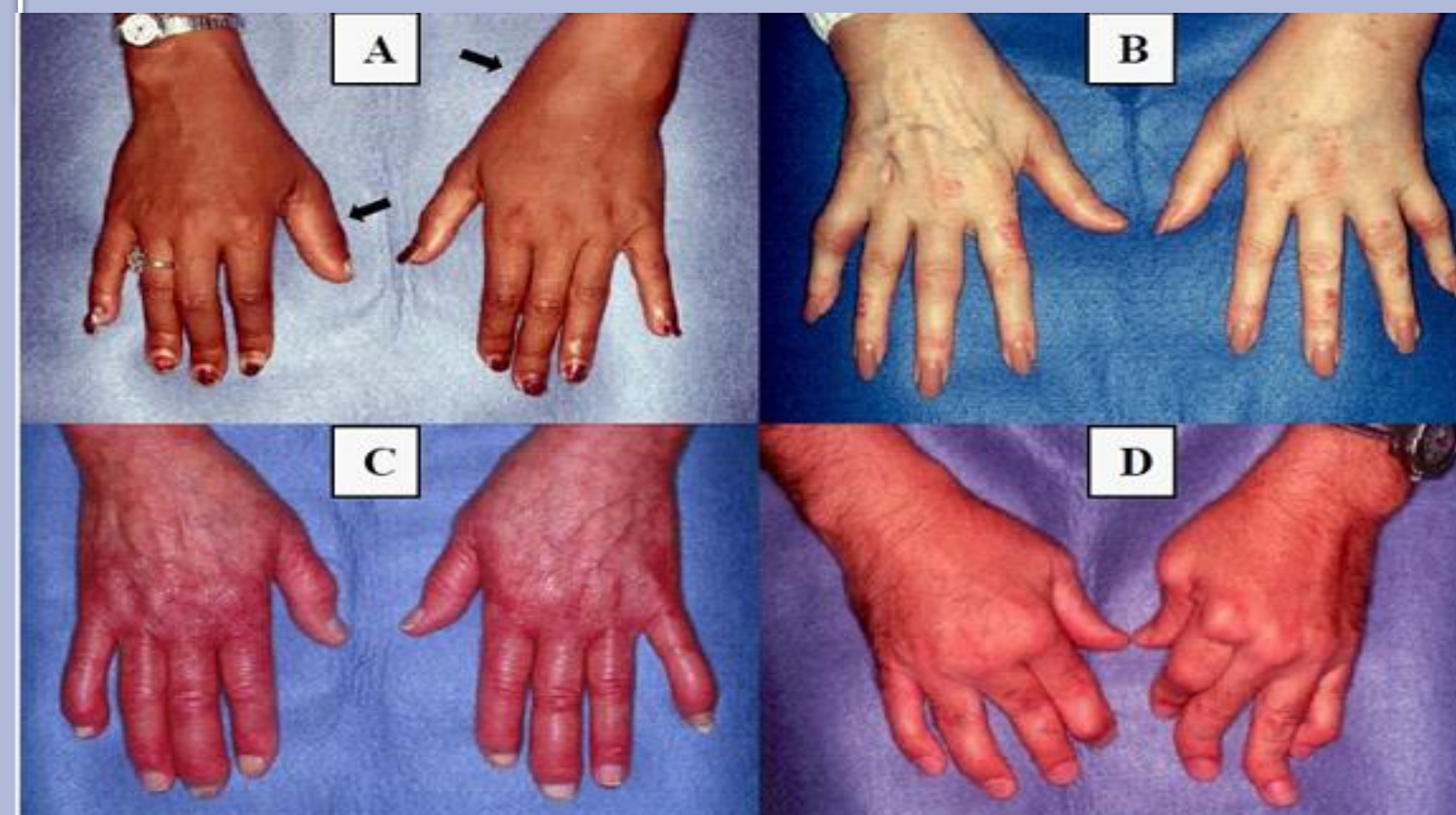


Figure 2: Clinical patterns of peripheral PsA, A) Asymmetric oligoarthritis, B) Symmetric polyarthritis, C) Predominant DIP joint involvement, D) Destructive (mutilans) arthritis. (1)

## Pathogenesis

Although the etiology of PsA remains still to be completely understood, Susceptibility to the disease is genetically determined and related to HLA-B27 and HLA-Cw6 alleles multiple immune system cell types and cytokines have been implicated in PsA disease activity. (2) The synovial fluid of joints affected by PsA shows increased levels of T-cells and cytokines such as TNF, IL-6, IL-12/IL-23, and IL-17 Together. (3)

these cytokines drive joint inflammation and other downstream biological effects, such as osteoblast and osteoclast activation, which further contributes to joint damage. (3) sixteenth Biologic therapies targeting these aberrant signaling pathways have emerged as key treatment options for PsA, particularly for patients with moderate to severe disease. (4)

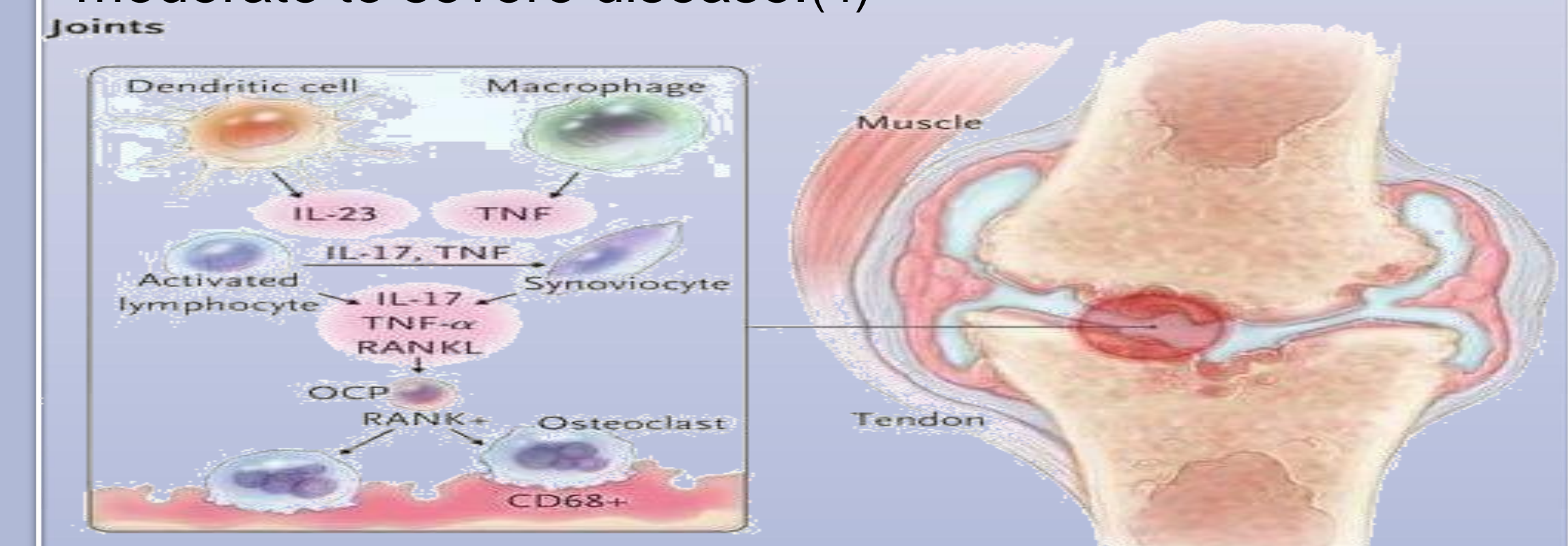


Figure 3: shows pathogenesis of psoriatic arthritis

## CONCLUSION

Psoriatic arthritis (PsA) is a condition that often occurs alongside psoriasis. Like other types of arthritis, PsA causes pain, stiffness, and swelling in affected joints. It's a chronic, immune-mediated, inflammatory disease that is pathogenically driven by proinflammatory cytokines.

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