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Characteristics of early-onset and late-onset psoriasis in a Hungarian population

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Psoriasis is a chronic, immune-mediated inflammatory skin disease. Based on the appearance of the first clinical symptoms it can be divided to early-onset (age of onset < 40 years) and late-onset (age of onset ≥ 40 years) psoriasis. These two subgroups have different characteristics. Our aim was to investigate factors specific for early-, and late-onset psoriasis and the presence of accompanying co-morbidities. In this study, clinical and laboratory data were collected from 498 adult psoriatic patients in a Hungarian university hospital. The patients were divided into early-onset (N=314) and late-onset (N=184) groups. The relationship between the severity of psoriasis and the difference of data in early-, and late-onset psoriasis was analyzed by multinomial logistic regression. The significance level was $p < 0,05$. The frequency of co-morbidities in mild, moderate and severe psoriasis was demonstrated by 95% confidence intervals (CI). The statistical analysis showed that early-onset psoriasis is associated with the existence of hypertension ($p=0,049$), hyperlipidaemia ($p=0,05$), normal weight ($p=0,03$) or severe psoriasis ($p < 0,001$ vs. mild; $p=0,006$ vs. moderate) compared to late-

onset psoriasis. Among early-onset psoriasis patients the connection was examined between severity of psoriasis and factors. There was more significant chance to suffer from moderate than mild psoriasis in the case of current smokers ($p=0,03$). Furthermore, there was also a significantly higher chance of having severe psoriasis if someone had a positive family history ($p=0,002$) or is a current smoker ($p=0,02$). Among late-onset psoriasis patient the analysis showed association between severe psoriasis and current smoking ($p=0,047$) also. In early-onset psoriasis co-morbidities were significantly higher among patients with moderate or severe psoriasis than mild psoriasis. These results indicate that smoking is a determinative effect on the severity of psoriasis. It is also important to pay attention to co-morbidities.

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