

Psoriatic Arthritis

OVERVIEW

Psoriatic arthritis (PsA) is a chronic, inflammatory, musculoskeletal disease associated with psoriasis. Approximately 30% of psoriasis patients develop PsA during the course of the disease.

Description

- PsA is characterized by peripheral arthritis, spondylitis, dactylitis (inflammation of the entire digit) and enthesitis (inflammation of tendon, ligament, or joint point of insertion into the bone).
- Other associated symptoms of PsA include fatigue, physical function limitations, sleep disturbance, decreased work ability and social participation.



Common Locations

- PsA commonly affects the peripheral joints and axial skeleton.
- The skin is commonly affected in widespread locations: torso, legs, arms



Symptoms/Course

- Common symptoms include pain, swelling, and stiffness in any joint in the body, but primarily affecting the knee, ankle, hand, and foot joints
- PsA is incurable and may become progressively worse over time with permanent damage or deformity to the joints requiring surgery.
- However, early treatment may slow disease progression and prevent permanent joint damage.

Treatment Options

- Treatment is focused on slowing disease progression, relieving symptoms, and improving patients' quality of life.
- Multiple therapies are used in combination:
 - Non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, disease-modifying anti-rheumatic drugs (DMARDs), and biologic therapies may be utilized



References:

Ogdie A, Coates LC, Gladman DD. Treatment guidelines in psoriatic arthritis. *Rheumatology (Oxford)*. 2020;59(Suppl 1):i37-i46. doi:10.1093/rheumatology/kez383