

Addressing and managing comorbidities

Optimal treatment of psoriatic disease and its comorbidities requires shifting to a people-centered, multidisciplinary, and health service model. Person-centered care is essential to improve the quality of life for people living with psoriatic disease.

PSORIATIC DISEASE AND COMORBIDITIES

Psoriatic disease can increase the risk of developing comorbidities associated with the disease, such as cardiovascular disease, diabetes, psychological/psychiatric disorders or Chron's disease.^{1,2} Comorbidities can be common in individuals with psoriatic disease, impacting their quality of life, and can drive healthcare costs.³ For example, in some Asian populations, metabolic syndrome is far more likely in a person with psoriatic disease than without, thus putting the person at risk for cardiovascular disease, diabetes, stroke, and other serious health problems.⁴ A person with an immune-mediated disease like psoriatic disease is also at greater risk of getting COVID-19 than someone unaffected by such a disease.⁵ Living with a serious noncommunicable disease (NCD) like psoriatic disease and other chronic conditions can also be stressful, leading to anxiety and depression.⁶

Comorbidities of psoriatic disease



Cardiovascular disease⁷⁻⁹



Inflammatory bowel disease¹⁰



Obesity¹¹



Eye conditions¹²



Cancer¹³



Non-alcoholic fatty liver disease (NAFLD)¹⁴



Osteoporosis¹⁵



Gum disease¹⁶



Jaw or jaw hinge disorders¹⁷

THE CHALLENGES

Misconceptions, poor awareness, and knowledge gaps

Widespread misunderstanding of the nature of the disease and a lack of awareness about the connection between psoriatic disease and comorbidities make it challenging to provide proper care and achieve the best possible outcomes for individuals living with psoriatic disease in Asia.¹⁸ One of the misconceptions is that psoriatic disease is a cosmetic disease that only affects the skin instead of a chronic disease that is also linked to other serious NCDs.

A shortage of information regarding the prevalence and effects of comorbidities in people with psoriatic disease in Asia highlights the urgent need for increased awareness and education among patients and healthcare professionals.¹⁹

Poorly defined clinical pathways or limited resources for effective diagnosis

Prevention and optimal management of psoriatic disease comorbidities include monitoring comorbidities' onset, severity, and disease progression.²⁰ Early diagnosis of comorbidities can improve health outcomes and avoid more serious health complications.²¹ Several challenges can hinder the prevention and optimal management of comorbidities in people with psoriatic disease:

Limited access to healthcare: In some parts of Asia, access to healthcare services is limited, particularly in rural or remote areas.²² This makes it difficult for individuals with psoriatic disease to receive regular check-ups, monitoring, and appropriate treatment for comorbidities.

Lack of specialized healthcare professionals: There is a shortage of healthcare professionals with expertise in managing psoriatic disease and its comorbidities, leading to suboptimal care and reduced awareness of the condition among general practitioners.²³

Inadequate healthcare infrastructure: Healthcare systems in some Asian countries do not have the infrastructure required to support comprehensive care for people living with, including specialized clinics, diagnostic tools, and access to advanced treatments.^{24,25,26}

Economic factors: The cost of healthcare and medications is a significant barrier for many people with psoriatic disease in Asia, leading to inconsistent treatment and inadequate management of comorbidities.³

PRIORITY ASKS

Increase awareness among healthcare professionals: Train healthcare professionals to recognize comorbidities in psoriatic disease patients and refer them for treatment when necessary.

Promote patient education and awareness of comorbidities and their risk factors: Educate patients about regular check-ups, screening for comorbidities, the importance of early detection and lifestyle modifications, and risk reduction strategies.

Improve access to care: Improve access to care, especially in rural and underserved areas, by increasing the number of trained healthcare professionals, improving diagnostic and treatment facilities, and using digital technologies.

Encourage person-centered and multidisciplinary care: Encourage a multidisciplinary approach that includes patients in treatment decisions, involving collaboration between specialists to address the disease's physical and psychological aspects.

IFPA FORUM ASIA THEME BRIEFS

This background document has been produced to provide an overview of one of the four themes that will be explored at the IFPA Forum Asia 2023. The four themes prioritized by IFPA patient association members in Asia are Access to care, Addressing and managing comorbidities, Mental health, and the Social and familial impact of psoriatic disease.

IFPA

Founded in 1971, IFPA is the international federation of psoriatic disease associations. We are the psoriatic disease community. Our members represent over 60 million people living with psoriatic disease. Together, we advocate for a future where all people living with psoriatic disease enjoy good health and wellbeing, free from stigma and preventable disability and comorbidities.

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PsorAsia

Founded in 2012, PsorAsia is a regional organization in the Asia Pacific for psoriatic disease associations. PsorAsia is the regional arm of IFPA, and they represent the interests of millions of people living with psoriatic disease in the region.