

PSORIATIC ARTHRITIS

Psoriatic arthritis is a painful, chronic inflammatory disease characterised by pain, stiffness, swelling and tenderness of the joints, inflammation of specific ligaments and tendons, and decrease in physical functioning¹

There are five types of psoriatic arthritis²



SYMMETRIC

Similar to rheumatoid arthritis, usually affects both sides of the body



ASYMMETRIC

Affects joints of the knees, hips, ankles and wrists – does not affect both sides of the body – fingers and toes may take on a sausage-like appearance



DISTAL INTERPHALANGEAL PREDOMINANT

Occurs in only about 5%, affects the joints of the fingers and toes closest to the nail



SPONDYLITIS

Found in at least 1/3 of people with psoriatic arthritis.³ Inflammation, pain and stiffness in the neck, back and pelvis



ARTHRITIS MUTILANS

Severe, deforming and destructive form of psoriatic arthritis affecting fewer than 5% of people – inflammation in the small joints of the hands and feet

Causes

EXACT CAUSE OF PSORIATIC ARTHRITIS IS UNKNOWN

ENVIRONMENTAL FACTORS PLAY A PART BUT THERE IS ALSO A **STRONG GENETIC COMPONENT DISEASE**⁴

UP TO **40%** OF PEOPLE WITH PSORIATIC ARTHRITIS WILL HAVE A **CLOSE RELATIVE** WITH EITHER PSORIASIS OR PSORIATIC ARTHRITIS⁵

CAN ALSO RESULT FROM AN **INFECTION** THAT ACTIVATES THE IMMUNE SYSTEM EG STREPTOCOCCAL THROAT INFECTION⁵

Risk Factors



PSORIATIC ARTHRITIS AFFECTS **MEN AND WOMEN EQUALLY**¹

PSORIATIC ARTHRITIS CAN OCCUR IN PEOPLE **WITHOUT SKIN PSORIASIS**, PARTICULARLY IN THOSE WHO HAVE RELATIVES WITH PSORIASIS⁵

AVERAGE AGE OF ONSET IS BETWEEN **30-50 YEARS OLD**¹

IT CAN APPEAR AS EARLY AS **CHILDHOOD**¹

Comorbidities

PEOPLE WITH PSORIATIC ARTHRITIS ARE AT INCREASED RISK FOR A VARIETY OF **OTHER HEALTH ISSUES**, INCLUDING:



SEVERE ARTHRITIS DAMAGE
develop destructive disabling arthritis over time⁶



FATIGUE
can have difficulties with work⁷ and with sleep⁸



CARDIOVASCULAR DISEASE
increased risk of heart attack and high blood pressure, due to effects of chronic inflammation⁹



OBESITY
strong correlation between psoriasis (found in most people with psoriatic arthritis) and obesity¹⁰



METABOLIC SYNDROME
has been found in 58% of patients with psoriatic arthritis¹¹

Psychological & Emotional Effect

PATIENTS WITH PSORIASIS AND PSORIATIC ARTHRITIS HAVE A **SIGNIFICANT DECREASE IN QUALITY OF LIFE**

COMPARED WITH THOSE WITH PSORIASIS ALONE¹²



PEOPLE WITH PSORIATIC ARTHRITIS CAN HAVE SIGNIFICANTLY MORE **ANXIETY AND DEPRESSION** THAN THOSE WITH JUST PSORIASIS ALONE¹³

References

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