

# Prurigo Nodularis Media Factsheet

## About prurigo nodularis

Prurigo nodularis is a debilitating chronic skin condition characterized by thick skin nodules covering large body areas and associated with intense itch (pruritus).<sup>1-3</sup>

It affects an estimated **72 out of every 100,000 adults** aged 18 to 64 in the United States. It is more common in middle-aged women and, disproportionately, people of African descent.<sup>1-4</sup>

It is associated with a variety of diseases, including hypertension, chronic kidney disease, type 2 diabetes, HIV infection, and obesity.<sup>1</sup>



Not an actual patient

## Clinical presentation and burden of disease

Prurigo nodularis is characterized by a number of debilitating signs and symptoms, including:

- Chronic pruritus (itch)<sup>5</sup>
- Disfiguring skin lesions (nodules)<sup>5</sup>
- Sleep disturbance<sup>5</sup>
- Psychiatric co-morbidities<sup>5</sup>

Compared to other dermatological conditions, prurigo nodularis is among the conditions with the largest impact on patients' quality of life.<sup>6,7</sup>

In studies of adults with prurigo nodularis:

- **49%** reported **itch** as the most burdensome symptom<sup>8\*</sup>
- **21%** reported that the **visibility of nodules** was the most burdensome symptom<sup>8\*</sup>
- **30%** reported **sleep improvement** as a key treatment goal<sup>9†</sup>
- **15%** reported having **suicidal thoughts** related to their skin disease<sup>10‡</sup>

## The role of IL-31 in prurigo nodularis

**IL-31 is at the center of the key drivers of prurigo nodularis.**

IL-31 plays a key role in multiple disease mechanisms in prurigo nodularis.<sup>1,7-9,11</sup> It is a neuroimmune cytokine that bridges the immune and nervous systems and is the key driver of inflammation and fibrosis.<sup>11-14</sup>

\* Results were based on a multicenter, cross-sectional European study of 509 adults with prurigo nodularis (PN). This prospective, questionnaire-based study assessed the clinical profile of PN, as well as its associated burdens.

† Results were based on a multicenter, cross-sectional European study of 509 patients with PN. This prospective, questionnaire-based study assessed patient perception of therapeutic goals, as well as previously used therapies, overall satisfaction with therapy, the efficacy of available therapeutic regimens, and out-of-pocket costs.

‡ Results were based on a multicenter European study of 3,635 general dermatology outpatients and 1,359 healthy controls. Twenty-seven of these general dermatology patients met study criteria for PN and were assessed for psychological burden of disease.

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