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PREVALENCE OF METABOLIC SYNDROME IN PATIENTS WITH PSORIASIS

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Abstract

Psoriasis is a chronic, systemic T-cell mediated autoimmune skin disease, potentially associated with arthritis. The systemic inflammation in psoriasis is frequently associated with other disease, referred to as comorbidities, especially Metabolic Syndrome (MS), a constellation of cardiovascular risk factors including obesity, hypertension, dyslipidemia, and insulin resistance. Aim: The aim of this study was to investigate the prevalence of metabolic syndrome, risk factors associated with metabolic syndrome in patients with psoriasis and compare them with control subjects without psoriasis. Materials and methods: Study consisted of 35 psoriasis patients, cases, and 25 control subjects with skin diseases other than psoriasis. Biochemical parameters were determined using standard biochemical procedures. The accepted criteria for MS are issued by the National Cholesterol Education Program Adult Treatment Panel III which defines MS as the presents of least 3 conditions. All participants were evaluated for components of MS. Results: The prevalence of the MS was 48% among psoriasis cases vs. 36% in controls and was statistically significant ($p=0.045$). The tryglicerides and glucose levels were significantly higher in the patients with psoriasis compared with controls ($p=0.0023$ and $p=0.0003$, respectively). The frequency of presence of MS among patients with psoriasis was 17 out of 35 (48.5 %) vs. 18 (51.5 %) without MS. The presence of MS in psoriasis was significantly associated with higher levels of tryglicerides, LDL-C, cholesterol and blood glucose compared with cases without MS. Conclusion: Our finding demonstrates a strong association between psoriasis and metabolic syndrome and its components especially in psoriatic patients with metabolic syndrome.

Key words: metabolic syndrome, psoriasis,

ПРЕВАЛЕНЦА НА МЕТАБОЛЕН СИНДРОМ КАЈ ПАЦИЕНТИ СО ПСОРИЈАЗА

Апстракт

Псооријазата е хронична, системска Т-клеточна медирана автоимуна дерматоза, потенцијално асоцирана со артритис. Системската инфламација кај псооријазата често е асоцирана и со други болести, познати како коморбидитети, посебно со метаболниот синдром (МС) и ризик факторите за кардиоваскуларни болести, вклучувајќи ги дебелината, хипертензијата, дислипидемијата и инсулинската резистенција. Цел: наша цел беше да се утврди преваленцата на МС и неговите компоненти кај пациенти со псооријаза споредени со контролна група. Материјал и методи: студијата се состоеше од 35 пациенти со дијагностицирана псооријаза и 25 пациенти со други кожни болести,