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## **Novel psoriasis therapeutics: examining the anti-inflammatory utility of anti-anxiolytic medications**

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**S**tatement of the Problem: Psoriasis is a debilitating autoimmune disease defined by erythematous, pruritic, and scaly plaques. Yet, this disease also has numerous extracutaneous associations including depression, heart disease, arthritis, and inflammatory bowel disease. The combination of physical and mental manifestations of psoriasis can be explained, respectively, by inflammatory cytokines that act on skin cells to create scaly patches and brain cells to alter one's mental state. The purpose of this study is to discuss the novel use of anti-anxiolytic medications to address psoriasis therapeutics. Methodology & Theoretical Orientation: To obtain these results, various search terms such as psoriasis and anti-anxiolytics were utilized. Furthermore, the articles were selected based on recency of publication as well as depth of detail regarding the specific immunologic mechanisms by which anti-psychotics exert their therapeutic effects. Findings: The results show that reducing anxiety can reduce the release of stress compounds, thus reducing body's inflammatory reaction. Specifically, stress signals such as CRH and substance P contribute to the release of inflammatory cytokines such as TNF- $\alpha$  and interleukins. Conclusion & Significance: Psoriasis provides evidence for the connection between the psychiatric symptoms caused by changes in the brain and cutaneous symptoms caused by changes in the skin. The bidirectionality of these interactions is used to create a novel use for anti-anxiolytic medications in treating psoriatic symptoms.