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# Cosmetic Dermatology & Skin Diseases

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## Prevalence of autoimmune diseases among psoriatic patients in a tertiary hospital

**Background:** Psoriasis is a chronic inflammatory skin condition of unknown aetiology. It has been presumed that psoriasis is associated with several autoimmune diseases. Data regarding the prevalence of autoimmune diseases in psoriasis is scant. In addition, no study has yet determined the prevalence of autoimmune diseases amongst psoriatic patients in Saudi Arabia.

**Objectives:** The aim of this study is to determine the prevalence of autoimmune diseases among psoriatic patients in a tertiary hospital, Riyadh, Saudi Arabia. By recognizing that some psoriatic patients may have strong links to other autoimmune diseases, the diseases can be monitored more efficiently, diagnosed earlier, and treated more effectively.

**Methodology:** A cross-sectional study was conducted at King Abdulaziz Medical City (KAMC), Riyadh, Saudi Arabia, where conventional sampling technique was done to include all patients with psoriasis from 2016-2018, and the total sample was 841.

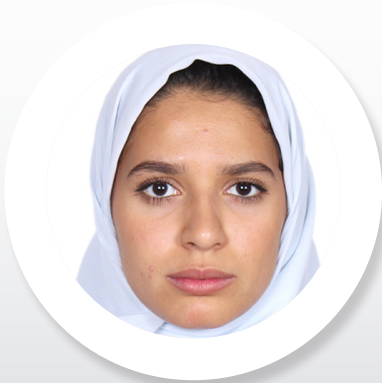
**Results:** 56.4% of our patients were female, and were mostly between the ages of 31-50 years, measuring 37.1%. Only 7.4% of those with psoriasis had a known family history. The majority of our patients did not have a comorbid autoimmune disease. The prevalence of autoimmune diseases in descending order was hypothyroidism 6.8%, alopecia areata 3.6%, atopic dermatitis 2.9%, hyperthyroidism 2.6%, vitiligo 1.9%, rheumatoid arthritis 1.5%, SLE, 0.8%, celiac disease 0.6% and Crohn's disease 0.5%. Hypothyroidism was the only disease with a statistically significant association  $p < 0.05$ . Additionally, a female predominance has been identified among all the autoimmune diseases except crohn's disease.

**Conclusions:** In our study, although multiple autoimmune diseases were present among psoriatic patients, only one autoimmune disease was statistically significant. Our findings suggest possible association between hypothyroidism and psoriasis. Nonetheless, more research is required to develop a deeper understanding of the relationship between psoriasis and autoimmune diseases.

### Biography

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