

Plaque and guttate psoriasis in a child treated with biological therapy

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INTRODUCTION Psoriasis is a chronic inflammatory disease, which is predominantly characterized by erythematous-squamous lesions. Treatment depends on patient's age, disease severity and localization, and can extend from topical therapy and phototherapy to systemic treatment with immunosuppressive or biologic drugs.

CASE REPORT A 4-year-old girl came to our dermatologic clinic due to erythematous-squamous plaques on her scalp, limbs and trunk, which first appeared a few weeks before. Her father was treated for psoriasis with biological therapy. The girl's skin lesions were also typical for psoriasis, nails and joints were not affected. Therapy with corticosteroid creams and appropriate skin care were advised. She had regular check-ups, where we observed her symptoms worsening. We decided to start immunosuppressant therapy with methotrexate, which greatly improved her skin. After decreasing the doses and discontinuation of systemic treatment after two years, her condition remained stable. She noted occasional partial regressions of the lesions, which were treated with topical corticosteroids and immunomodulators. However, after about a year, a generalized deterioration of the disease was visible, including lesions typical for inverse psoriasis. We prescribed biologic therapy with adalimumab, which she still receives every two weeks along with additional local therapy when needed. The treatment is successful, at her recent check-up the skin lesions were still in regression.

CONCLUSION The use of biological therapy for psoriasis in children in Slovenia is rare, however, it is an effective option in case of moderate to severe symptoms, which have not been relieved by other types of treatment.