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789 **CME Questions:**

790

791 1. A 25 year-old man presents to your clinic for evaluation of his severe plaque psoriasis of
792 6 months duration that affects 15% of his body surface area. His is not on any treatment
793 and denies joint pain. He denies any other known medical issues.

794 Which of the following conditions have been strongly associated with psoriasis in
795 numerous epidemiological studies:

796 a. Colon cancer

797 b. Addison's disease

798 c. Metabolic syndrome

799 d. Peptic ulcer disease

800 e. Schizophrenia

801

802 Answer: c

803

804 Discussion: The current body of epidemiologic literature on psoriasis comorbidities
805 provides strongest support for associations between psoriasis and psoriatic arthritis,
806 cardiovascular risk factors (i.e., obesity, hypertension, diabetes, dyslipidemia, metabolic
807 syndrome), and major adverse cardiovascular events (i.e., myocardial infarction, stroke,
808 cardiovascular mortality). While studies support associations between psoriasis and
809 various malignancies, particularly lymphoma, an increased risk of colon cancer has not
810 been widely observed. Data also suggest that patients with psoriasis are more likely to
811 have autoimmune diseases; however, an association with Addison's disease has not been

812 convincingly established. Similarly, few studies suggest associations between psoriasis
813 and peptic ulcer disease as well as schizophrenia, though supporting data are sparse. Of
814 importance, the association between psoriasis and psychiatric disorders is most
815 established for depression and suicidality.

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842

843 2. You are discussing the cardiovascular disease risk of a patient with severe psoriasis with
844 her primary care provider. You are asked how the risk of cardiovascular disease
845 associated with severe psoriasis compares to that associated with other risk factors.

846

847 You explain that the risk of cardiovascular disease that is associated with severe psoriasis
848 is similar to that conferred by which of the following:

849

850 a. Diabetes

851 b. Dyslipidemia

852 c. Hypertension

853 d. Inflammatory bowel disease

854 e. Smoking

855

856 Answer: a

857

858 Discussion: There are few studies that compare the risk of cardiovascular disease that is
859 associated with psoriasis to that of other diseases. Population-based studies have
860 compared the risk of major adverse cardiovascular events among patients with severe
861 psoriasis to be similar to that of patients with diabetes and also to that of patients with
862 rheumatoid arthritis who are receiving systemic treatment. No studies, to date, have
863 directly compared the risk of cardiovascular disease associated with psoriasis with that of
864 hypertension, dyslipidemia, or smoking. An increased risk of cardiovascular disease has
865 not been established among patients with inflammatory bowel disease.

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