PATIENTS OF CARE IN THE PHARMACOLOGIC TREATMENT OF MODERATE-TO-SEVERE PSORIASIS

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OBJECTIVES: To characterize patterns of pharmacologic care for the treatment of moderate-to-severe psoriasis. METHODS: Using 10 years (June 1, 1997 to July 31, 2007) of Florida Medicaid administrative claims, we identified the first documented psoriasis diagnosis (“index diagnosis”) among adult (aged 21-85 years) enrollees. “Targeted treatments,” those FDA-approved for psoriasis by June 30, 2006, were oral systemic agents (methotrexate, cyclosporine, and biologics) (acitretin, efalizumab, etanercept). Patients in “active treatment” received ≥2 of the same targeted treatment within 45 days during the year following index diagnosis. RESULTS: Among 3,137,110 adult enrollees, 7,571 (0.24%) received an index diagnosis of psoriasis. Of these, 173 (2.3%) patients received active treatment; they were predominantly female (67.6%) and Caucasian (50.3%). There were 54 (31.2%) patients aged 18-39 years, 81 (46.8%) aged 40-59 years, and 38 (22.0%) aged 60 years. Among those actively treated, 63.6% (1,107/1,730) received oral systemic agents (423% [4173] acitretin, 3.0% [1173] cyclosporine, 3.7% [6117] methotrexate, and 51.4% [1817] biologics [9% [1817] alfaetep, 0.6% [1173] etalizumab, 50.9% [81817] etanercept). Mean (SD) doses were: acitretin 26.11 (11.0) mg/day, cyclosporine 130 (61.0) mg/day (equiva- lent to 1.5 and 1.7 mg/kg/day for average males and females in the United States, respectively), methotrexate 17.5 (14.7) mg/week, and etanercept 67.2 (26.6) mg/week; although alfaetep had insufficient data for analysis. Median doses were: aci- retin 25 mg/day, cyclosporine 100 mg/day (equivalent to 1.1 and 1.3 mg/kg/day for average U.S. males and females, respectively), methotrexate 14.7 mg/week, and etan- ercept 49.7 mg/week. Eighty-one percent of patients received acitretin ≥25 mg/day, 67% cyclosporine ≥100 mg/day, 72% methotrexate ≥7.5 mg/ week, and 54.5% etanercept ≥50 mg/week. CONCLUSIONS: Although the number of treat- ments for moderate-to-severe psoriasis is burgeoning, little is known about patient characteristics and patterns of care within a “real world” setting (i.e., absent clinical research protocol requirements).

CROHN’S DISEASE TREATMENT PARADIGM

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OBJECTIVES: This study aimed to understand patterns of treatment in patients with CD, including the initiation of treatment and changes of regimens over time. METHODS: Cross-sectional data were collected via the Inflammatory Bowel Disease (IBD) Study Project during Q3 2008. Study participants were recruited from an Internet panel, and were reported to have physician-diagnosed IBD. Survey responses were received from 504 patients who self-reported that they were at least 18 years old, had Crohn’s disease (CD), and had a diagnosis of active disease. Respondents were asked about their demographics, current medications at the time of the survey, and their treatment history. We examined the data on all respondents who self-reported that they were at least 18 years old, had Crohn’s disease (CD), and had a diagnosis of active disease. We used descriptive statistics and chi-square tests to analyze data. RESULTS: A total of 500 patients completed the survey. Nearly half (43.5%) reported being diagnosed within a year of experiencing symptoms, and another 20.4% were diagnosed in 1-2 years. Most patients pre- sented with moderate (36.2%) or severe (45.6%) disease at diagnosis. More than half (56.8%) began drug treatment within a month of diagnosis. When evaluating treat- ment patterns, 79.6% of patients used more than one treatment, and most changed to their second treatment within one year. Steroids (52.0%) and 5-aminosalicylic acids (54.0%) are the most common initial treatment options. Immunomodulators and biologic agents are increasingly used as first line therapy, but their use increases with the number of treatments. More than half of patients (53.0%) had the dose of their initial treat- ment increased, but increasing doses become a less common strategy for future treat- ments. Paradoxically, as the number of treatments increase, the number of patients experiencing surgery and reporting severe disease decreases. CONCLUSIONS: The majority of CD patients are diagnosed and treated within a year of experiencing symptoms. Multiple treatments are common, with self-reported disease severity decreasing with an increase in the number of treatments, especially when immuno- modulators and biologics have been utilized. Research identifying the most effective treatments that control disease and decrease surgery, and the optimal time when they should be used during the natural course of the disease, is needed.

IMPACT OF DIFFERENT WEIGHT CONTROL MEASURES TAKEN BY STUDENTS ON THEIR WEIGHT

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OBJECTIVES: Body Mass Index (BMI) is useful to estimate the overall health in comparison with the person’s weight and height. BMI can be influenced by the differ- ent weight control behaviors like exercise, drinking more water, eating low fat food etc. The purpose of this project is to analyze various weight control measures tried by the students and their impact on students’ weight. The study attempts to investigate their preferences among the weight control behaviors based on gender. METHODS: The data is taken from a survey that was conducted by Health Behavior in School-Age Children (HBSC) during the years 2001-2002 on 11 to 15 years old school going children. The dataset is prepared and a sample with 2000 observations is selected for the analysis. The variables under study are BMI,COMP and Gender and the group of differ- ent weight control measures. The bar graphs are plotted for each weight control behavior against Gender and BMI COMP to understand the association between the different weight control measures that are employed by the students and their recorded BMI,COMP. Kernel Density Estimator is generated using SAS code node for better visualization and to enable the comparison between the different weight control mea- sures. RESULTS: Exercise, drinking more water, eating more fruits and vegetables are very effective and most popular among the students. Girls tend to skip meals more than boys, while more boys undertake exercise to control weight. Particularly the least favored measures like vomiting, fasting, using pills are adopted by more number of girls than boys. CONCLUSIONS: Obesity in early adolescence is a serious health issue all over the globe. It is very important that the children choose proper methods to control weight. This project gives useful insights on the different perspectives of girls and boys in choosing the right weight control strategy.