

Eurotrials

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Editorial

PSORIASIS

This edition of **HEALTH IN MAPS AND NUMBERS** is about Psoriasis. Psoriasis is a chronic inflammatory disease expressed by skin lesions, and also affects nails and joints. Its characterized by the appearance of red, thick and scaly lesions, especially in the elbows, knees, lower back and scalp, and in most severe cases covering extensive areas of the body. Its extension, evolution and severity are variable. (1)

This is a disease with genetic origin, associated with changes of the immune system, which cause the skin cells inflammation. It's not a contagious disease, that may appear at any age, and it is however painful, disfiguring and disabling with a great impact on the quality of life of patients. (1,2)

It is estimated that psoriasis affects about 2% to 3% of the population worldwide. (1,2)

Source:(1) *PSO Portugal - Associação Portuguesa da Psoríase*. <http://www.psoportugal.pt>. 2017 (2) OMS. Global report on psoriasis. ©World Health Organization 2016

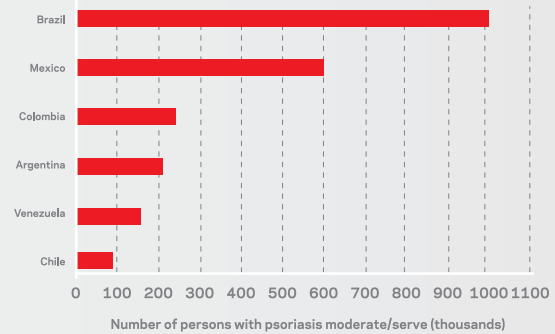
LATIN AMERICA

In Latin America, the available data (2015) about the number of persons affected by psoriasis reveal values of 360 thousands in Chile and more than 4 million in Brazil. Overall, psoriasis affects around 2%-3% of the population of each one of the countries under analysis.

In 2015, results from a literature revision referred that 25% of patients with psoriasis were moderate or severe: 90 thousands patients from Chile, 157 thousands from Venezuela, 215 thousands in Argentina, 240 thousands in Colombia, 605 thousands in Mexico and 1 million in Brazil.

Number of persons with psoriasis moderate/severe, by country of Latin America

Elaborado por Eurotrials

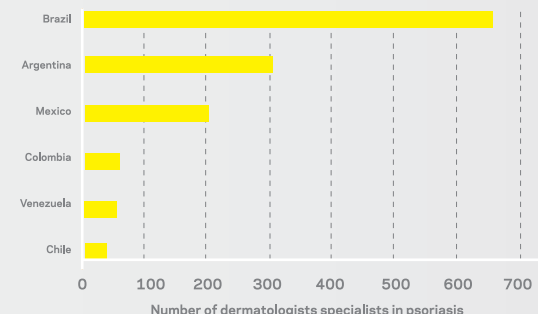


Source: Chouela E et al. Psoriasis in Latin America. *Dermatology Online Journal*, 22(9), September 2016.

The number of dermatologists specialists in psoriasis varies between the countries of Latin America. Brazil stands out with approximately 650 dermatologists, with a ratio of 1 specialist for each 6300 patients. Argentina, with 300 specialists has a ratio of 1/2900 patients. In Colombia the ratio of dermatologists per patient is 1/17000, in Mexico and in Venezuela 1/12000 and in Chile there is 1 dermatologist for each 10000 patients with psoriasis.

Dermatologists specialists in psoriasis, by country of Latin America

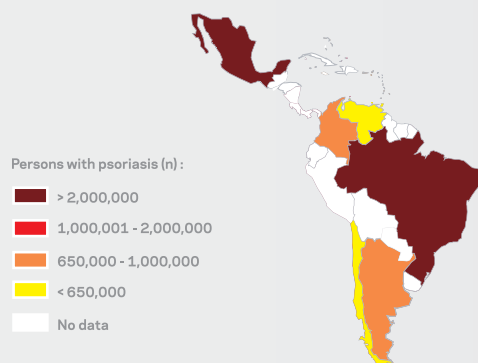
Elaborado por Eurotrials



Source: Chouela E et al. Psoriasis in Latin America. *Dermatology Online Journal*, 22(9), September 2016.

Number of persons with psoriasis, by country of Latin America

Elaborado por Eurotrials

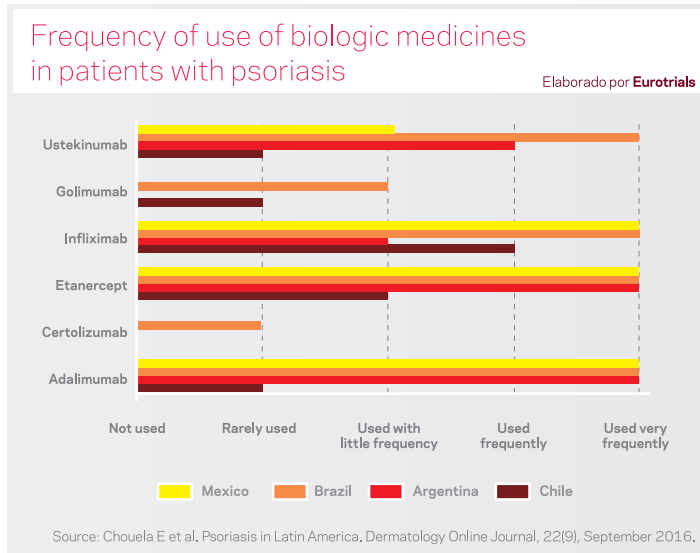


Source: Chouela E et al. Psoriasis in Latin America. *Dermatology Online Journal*, 22(9), September 2016.

ARGENTINA, BRAZIL, CHILE, MEXICO

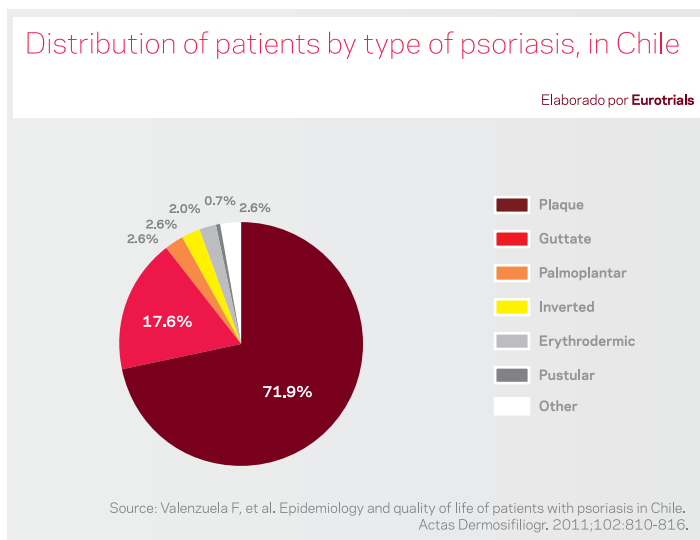
In Argentina, Brazil, Chile and Mexico, the frequency of use of biologic medicines in psoriasis patients is different between countries.

In Argentina the most used biologics are adalimumab and etanercept; in Brazil adalimumab, etanercept, infliximab and ustekinumab are used very frequently; in Chile infliximab is used frequently and in Mexico adalimumab, etanercept and infliximab are used very frequently.



In Chile, according to data from Corporación Psoriasis Chile, approximately 500,000 persons suffer from psoriasis, which represents about 3% of the population.

Results from an epidemiologic study in patients with psoriasis in Chile (n=153) have shown that the frequency of psoriasis by type is higher in plaque psoriasis (71.9%), followed by guttate (17.6%) and in equal percentages the palmoplantar and inverted (2.6%).



In the same study, psoriasis had familial origin in 47.1% of patients and in 28.8% of patients had joint involvement. 6.5% of the patients of this study had confirmed psoriatic arthritis.

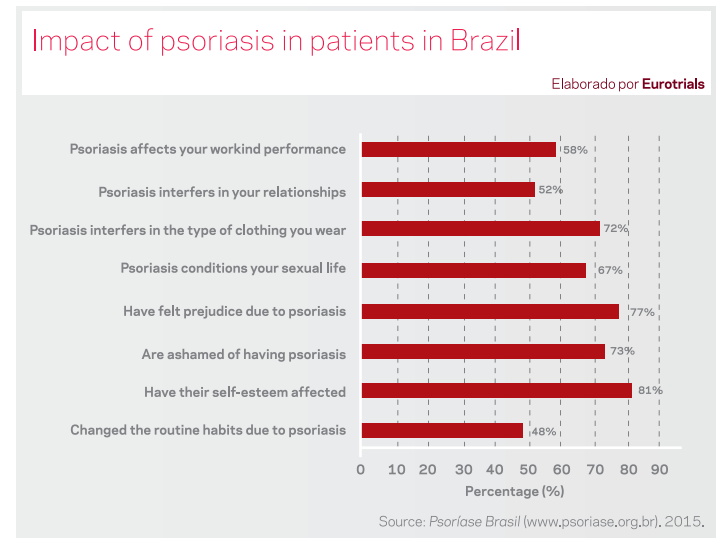
It was also observed that most of the patients (68.6%) included in the study had early onset of disease (0-30 years of age).

In this study the quality of life associated to the disease was lower in men than in women, and in younger patients or with less time of disease, and in those with most severe stages of disease.

In Brazil, it is estimated that approximately 5 million people are affected by psoriasis.

According to data from 11 thousand patients registered in database of Psoríase Brasil, psoriasis affects more than half of the patients in several different areas: at work (58%), in relationships (52%) and even in the type of clothing they wear (72%). In 81% of the patients the self-esteem is affected by the disease and 73% of the patients are ashamed of having psoriasis. Almost half of the patients have changed their routine habits due to the disease.

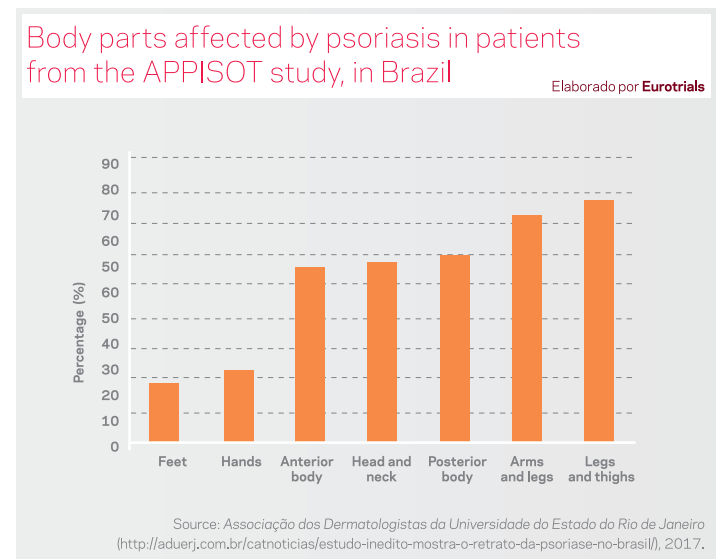
About 83% of the patients are treated mostly with topical agents (65%), systemic agents (19%) or biologics (11%).



Data from a preliminary analysis of the APPISOT (Avaliação da gravidade da psoríase em placas em brasileiros em acompanhamento ambulatorial em centros de referência) study revealed that about 50% of the 877 treating patients have the moderate to severe form of disease. The average time to diagnose has been 14 years, and 70% had comorbidities: obesity (75%), anxiety (39%), hypertension (32%), depression (26%), hypercholesterolemia (25%), arthritis (17%), diabetes (17%) or alcoholism (17%).

Approximately 81% of the patients was treated with topical medicines, 46% with traditional medicines, 22% with biologics and 6% with phototherapy.

The most affected body parts in the participants of this study were the legs and thighs (77%), arms and legs (72%), followed by the posterior body (60%), head and neck (57%) and the anterior body (56%). The less affected were the hands (23%) and feet (19%).



ARGENTINA, BRAZIL, CHILE, MEXICO (cont.)

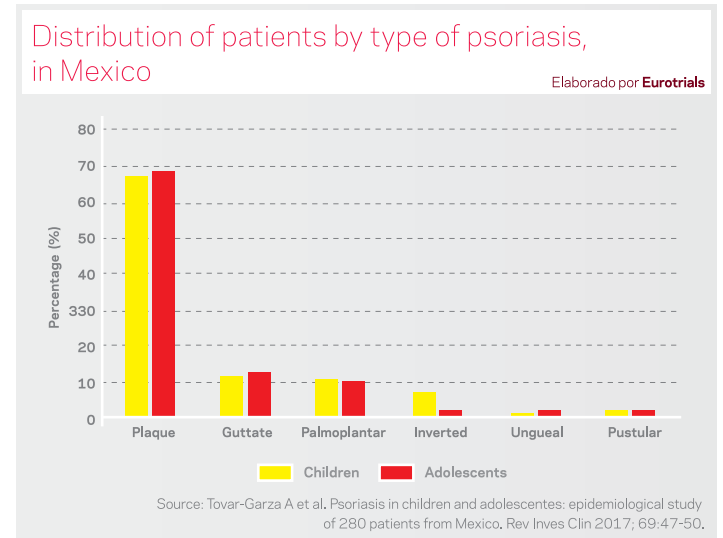
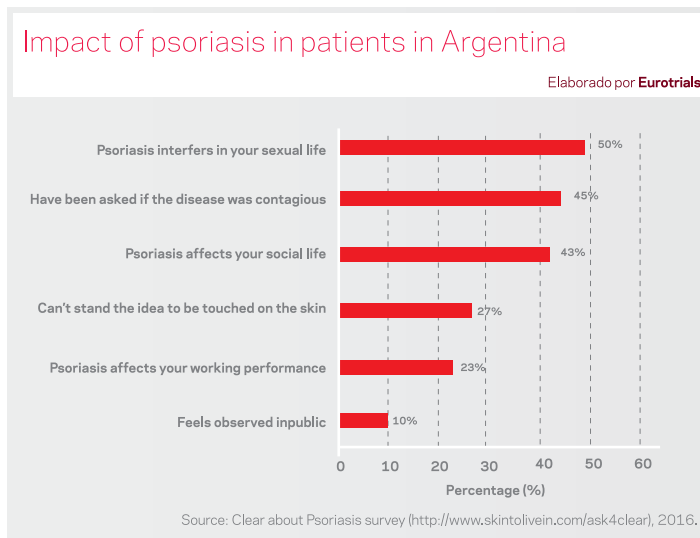
In Argentina, it is estimated that psoriasis affects about 2 to 3% of the population, which corresponds to more than 800 thousand persons.

Even though its origin is unknown, about 70% of the diagnosed cases are mild and with an adequate treatment it is possible to reduce the impact of the disease in approximately 90% of them.

Data from an international study revealed that psoriasis affects the sexual life of 50% of the Argentinian patients and the social life of 43%. About 23% of the participants considers that psoriasis affects their working performance. One in ten patients feels observed in public.

Among 2 million 420 thousand patients with psoriasis, Mexico accounts approximately 600,000 patients with moderate to severe disease.

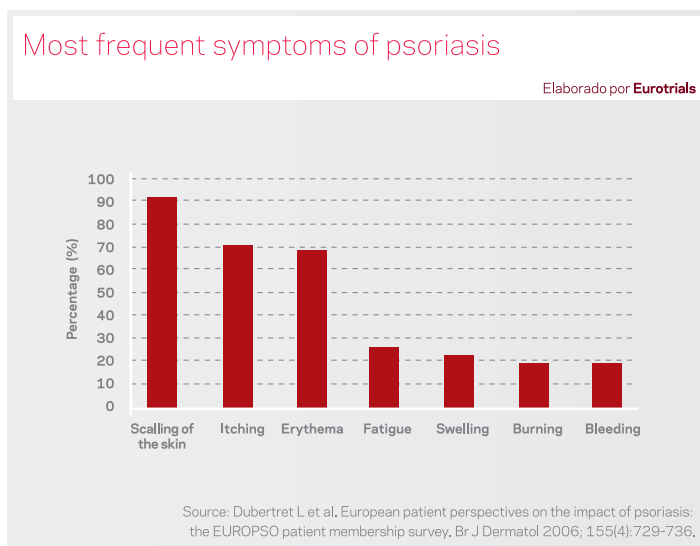
Results from a study in children and adolescents revealed a similar distribution of disease type in both age groups (68% plaque psoriasis, 12.5% guttate, 11% palmoplantar, 1.8% pustular), showing differences only in inverted psoriasis (7% children, 2% adolescents). In children there was a higher percentage of topical treatment (68% vs 59%) and in adolescents a higher percentage of systemic treatment (0.7% vs 4%). In combined treatment the results were similar (22%).



EUROPE

In Europe, the estimated prevalence for psoriasis is 2.5%, which represents about 15 million persons affected. From those, 20-25% suffer from the severe form of the disease.

In a survey to EUORPSO members in 2006, the symptoms most frequently associated to psoriasis were scaling of the skin (92%), itching (72%) and erythema (69%).



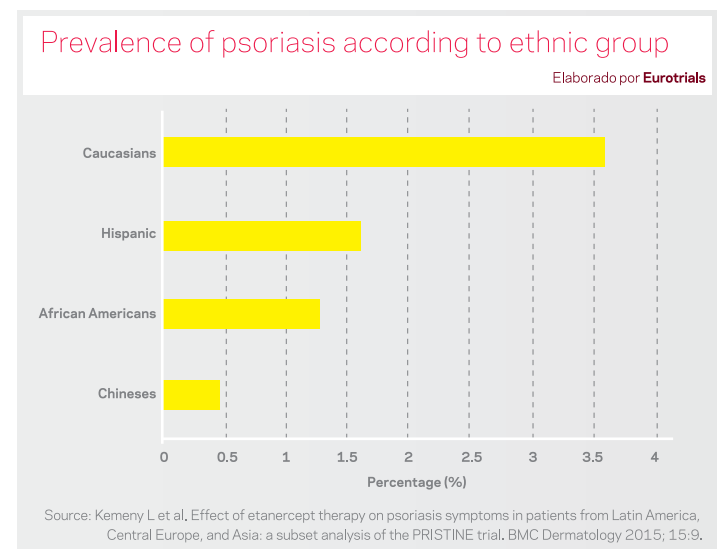
One study from the United Kingdom about comorbidities in patients with psoriasis revealed that the most frequent conditions in these patients are chronic pulmonary disease (15.1%), diabetes (5.3%), kidney disease (2.8%), rheumatologic disease (1.8%), cancer (1.6%), diabetes with complications (1.4%), and cerebrovascular, myocardial infarction and peptic ulcer (1.1%), among others.

WORLD

In the world, it is estimated that 2 to 3% of the population (125 million inhabitants) may be affected by psoriasis.

Data from a systematic review reveal that the prevalence of psoriasis in children has changed between 0% in Taiwan and 2.1% in Italy. In the adults it has changed between 0.9% in the United States of America (USA) and 8.5% in Norway. The occurrence of psoriasis varies with age and geographical region, being most frequent in higher latitudes and in Caucasians than in other ethnic groups.

Available data about the differences between ethnic groups is originated in the USA, where psoriasis is less prevalent in Chinese's (0.5%), followed by African Americans (1.3%) and Hispanic (1.6%) comparatively to Caucasians in whom the prevalence is higher (3.6%). It is believed that this distribution is according to other parts of the world. One systematic review refers the inexistence of psoriasis in the Indian population of Latin America or the aborigines in Australia.



Did you know...

- In 2014, WHO approved a Resolution in which psoriasis is recognized as a chronic, painful, disfiguring and disabling non-communicable disease, without a cure; in which people have an increased risk for other comorbidities; and with physical as well as psycho-social and socio-economic consequences. (1)
- Psoriasis was one of the skin diseases called "tzaarat" in the Old Testament. People with psoriasis were considered outcasts, ostracized from society and some times burned in public. (2)
- One of the first therapies used to treat psoriasis was a mixture of onions, sea salt, and urine. (2)
- The skin sites with lesions provoked by, for example animal bites, tattoos or burns are more likely to develop psoriatic lesions. It's called the Köebner phenomenon, named after the German dermatologist who discovered it in 1872. (2)

Source: (1) WHO, Resolution WHA 67.9 (http://apps.who.int/gb/ebwha/pdf_files/WHA67/A67_R9-en.pdf), Maio 2014. (2) Everyday Health Media, LLC (<https://www.everydayhealth.com/psoriasis>), 2017.

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