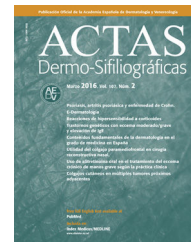




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COMMENTARIES

Cardiovascular Risk in Psoriasis[☆]



Riesgo cardiovascular en psoriasis

Psoriasis is a highly frequent chronic inflammatory disease whose course is complicated by accompanying conditions such as fatty liver, inflammatory bowel disease, or depression. Cardiovascular risk factors are of great interest because of their evident prognostic relevance. Such factors include diabetes mellitus, arterial hypertension, dyslipidemia, and abdominal obesity. The most commonly associated condition is metabolic syndrome. Because psoriasis is currently considered an independent risk factor for cardiovascular disease,¹ an integrated approach to associated risk management is essential. Smoking further increases cardiovascular risk and is also highly prevalent in psoriasis patients.

An interesting article by Argote et al.² in this issue of *Actas Derma-Sifiliográficas* analyzes the presence of cardiovascular risk factors in a group of 40 adults with psoriasis attended in the dermatology department of Hospital San José in Bogotá, Colombia. The authors found elevated prevalence rates of 35% for hypertension, 17.5% for dyslipidemia, 10% for diabetes, and 17.5% for smoking. These data are generally consistent with other reports in the literature. The prevalence of metabolic syndrome was nearly 50% in this psoriasis group, and 18.2% were at high risk of a coronary event.

Persons with psoriasis have also been reported to have a higher-than-usual frequency of subclinical atherosclerosis in the form of increased carotid intima-media thickness.³ Argote et al.² were able to demonstrate by carotid ultrasound imaging that thickness had increased in 15% of their patients and that this measure correlated with cardiovascular risk indicators.

To summarize, patients with psoriasis are at higher risk of cardiovascular disease and death. Strict management of associated cardiovascular risk factors is critical for them.

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