

Psoriatic Arthritis

What is Psoriatic Arthritis?

- There are up to 100 types of arthritis. Psoriatic Arthritis is one type of inflammatory arthritis.

Who gets psoriatic Arthritis?

- Psoriatic Arthritis is often associated with scaly skin condition called psoriasis.
- This disease affects males and females equally and seen in at any age.

What is reason for psoriatic arthritis?

- Immune system dysfunction leads to psoriasis and psoriatic arthritis.

What are the symptoms of psoriatic arthritis?

Psoriatic arthritis can affect any joint of the body like:

- small joints of hand and feet
- neck and spine joints
- joints near the nails.
- large joints only
- Severe deforming arthritis

Most of the patients get skin disease either before or with arthritis.

How is psoriatic arthritis diagnosed?

- Psoriatic arthritis is diagnosed based on presence of classical symptoms and absence of features to suggest any other type of arthritis.
- There is no single test which can confirm diagnosis of psoriatic arthritis.

Which are investigations needed in psoriatic arthritis?

- Complete blood count; Liver function test and renal functions test are done before starting therapy.
- Affected joints are studied by x-ray if needed.

How is psoriatic arthritis treated?

- Non steroidal Anti Inflammatory Drugs (NSAIDs: DICLOFENAC, NAPROXEN, ETORICOXIB, ACECLOFENAC etc.):

NSAIDs are helpful in reducing pain and swelling of joints. Patient's age, weight etc is considered while using these drugs.

- **STEROID:**

Prednisolone like steroids are used in severe disease for short period. If only single joint is involved steroid can be injected in that joint.

- **Disease modifying anti rheumatic drugs (DMARDs):**

Methotrexate, Leflunomide, Sulphasalazine etc are these types of drugs. They are used to control disease and prevent further damage to joints.

- **BIOLOGICS:**

Etanercept, Infliximab, Adalimumab etc are new drugs that are used in controlling difficult disease where first line drugs fails. They control the disease and prevent joint damage.