

Efficacy Of Leflunomide In Treatment Of Psoriasis Vulgaris

Thesis

Submitted For Partial Fulfillment Of Master Degree

In Dermatology, Venereology And Andrology

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2013

ACKNOWLEDGMENTS

First and foremost, thanks to **God**, most merciful and greatest beneficent.

I would like to express my grateful appreciation to **Dr. Ahmed Sadek Mohamed Salem**, Professor of Dermatology, Venereology and Andrology, Faculty of Medicine, Al-Azhar University, for his support, guidance and generous supervision and encouragement.

I am also deeply grateful to **Dr. Mohamed Ahmed El- Zafarany**, Lecturer of Dermatology, Venereology and Andrology, Faculty of medicine, Al-Azhar University for his great attention, efforts and tolerance.

I would like to express my sincerest gratitude and thanks to **Eva Pharma company** who provide me with the leflunomide drug throughout the study.

Finally, I am very grateful to all staff members and all my colleagues in the department of Dermatology, Venereology and Andrology, Faculty of Medicine, Al-Azhar University for their fruitful guidance all through the work and to my mother, soul of my father (Allah forgive him) and my brothers for their support and prayers.

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LIST OF ABBREVIATIONS

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AA	Arachidonic Acid
ACR	American College of Rheumatology
ALT	Alanin aminotransferase
AMPs	Antimicrobial Peptides
APC	Antigen-Presenting Cell
AST	Aspartate aminotransferase
BB	Broadband
BC	Before Christ
BMI	Body Mass Index
CCHCR	Coiled-Coil α -Helical Rod Protein
CD	Cluster of Differentiation
CDSN	Corneodesmosin
CLA	Cutaneous Lymphocyte-associated Antigen
COX	Cyclooxygenase
cPcASI	Computer aided psoriasis continuous area and severity score
CRABP	Cytosolic Retinoic Acid-Binding Protein
DC	Dendritic Cells
DHA	Docosaehaenoic Acid
DLQI	Dermatologic Life Quality Index
DMARD	Disease Modifying Antirheumatic Drugs
EGF	Epidermal Growth Factor
EGF-R	Epidermal Growth Factor Receptor
EPA	Eicosapentaenoic Acid

LIST OF ABBREVIATIONS

FDA	Food and drug Administration
FS	Felty's syndrome
HEV	High Endothelial Venule
HLA	Human Leukocyte Antigen
ICAM	Intercellular Adhesion Molecule
IFN	Interferon
IL	Interleukin
INR	International Normalized Ratio
LCD	Liquor Carbonis Detergens
LEF	Leflunomide
LFA	Lymphocyte Functional Antigen
LS-PGA	Lattice-System Physician's Global Assessment
LT	Leukotriene
LCE	Late Cornified Envelope
MDA	Malondialdehyde
MHC	Major Histocompatibility Complex
MMP	Matrix Metalloproteinase
MOP	Methoxy Psoralen
MTX	Methotrexate
NB	Narrowband
NF	Nuclear Factor
NSAIDs	Non Steroidal Anti-inflammatory Drugs
P III –NP	Aminoterminal peptide of type III procollagen
PASI	Psoriasis Area and Severity Index
PDI	Psoriasis Disability Index
PGA	Psoriasis Global Assessment

LIST OF ABBREVIATIONS

PGE2	Prostaglandine E2
PLSI	Psoriasis Life Stress Inventory
PMNL	Polymorph Nuclear Leucocyte
PsA	Psoriatic arthritis
PsARC	Psoriatic Arthritis Response Criteria
PSORIQoL	Psoriasis Index of Quality of Life
PUVA	Psoralen with Ultraviolet A
RA	Rheumatoid Arthritis
RAR	Retinoic Acid Receptors
rUMP	Ribonucleotide Uridine Monophosphate
SD	Standard Deviation
SLE	Systemic lupus erythematosus
SPSS	Statistical package for social science
TCR	T Cell Receptor
TGF	Tumor Growth Factor
TH	T Helper
TLRs	Toll Like Receptors
TNF	Tumor Necrosis Factor
UVA	Ultraviolet A
UVB	Ultraviolet B
VDR	Vitamin D receptor
VEGF	Vascular Endothelial Growth Factor
VPF	Vascular Permeability Factor
WG	Wegener's granulomatosis

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Introduction

Psoriasis is a multisystem disease with predominately skin and joint manifestations affecting approximately 2-3% of the population. Psoriasis may be associated with autoimmune diseases such as inflammatory bowel disease, diabetes, cardiovascular diseases and lymphoma⁽¹⁾.

Evidence suggesting that psoriasis involves immunologic mechanisms includes the efficacy of immunosuppressive drugs in controlling the disease such as: methotrexate, cyclosporine (cya), immune-targeting biologic agents, immunotoxins (denileukin, diftitox) and tumor necrosis factor (TNF) blocking biologics. Also exacerbation of psoriasis by certain cytokine therapies such as: Interferons (α , β , γ) and interleukin (IL2) supports this suggestion⁽²⁾.

Psoriasis treatment options consist of topical therapies, phototherapy and systemic therapies including biologics⁽³⁾.

Patients with moderate to severe psoriasis are candidates for systemic therapy including biologic agents and phototherapy⁽⁴⁾.

Leflunomide is a type of drug known as a disease – modifying anti-rheumatic drug (DMARD). Leflunomide is used to treat rheumatoid arthritis (RA) and other types of arthritis where the immune system attacks its own tissues. The efficacy of Leflunomide in RA and anti-lymphocytic mode of action suggested that Leflunomide might be a promising candidate for the treatment of psoriatic arthritis and psoriasis⁽⁵⁾.

Introduction

Leflunamide has many advantages to offer in the treatment of (PsA) and psoriasis : it is well tolerated in the majority of patients, convenient and effective in moderating joint and skin symptoms and improving quality of life. In addition, orally administrated Leflunomide may have benefits in cost and ease of use compared with biologic agents⁽⁵⁾.

Aim of the work

The aim of this study is to evaluate the efficacy and safety of Leflunomide in treatment of patients with moderate to severe plaque type of psoriasis.

Review of literature

Psoriasis is a common cutaneous inflammatory hyperproliferative disorder. It is a life long disease with spontaneous remissions and exacerbations and characterized clinically by chronic, sharply demarcated dull red scaly plaques affecting mainly the extensor prominences, scalp, and the sites of trauma⁽⁶⁾.

History :

Hippocrates and his school (460-377 BC) provided objective and meticulous descriptions of many skin disorders. In their classification, dry scaly eruptions were grouped together under the heading 'lopoi'. This group probably included psoriasis and leprosy⁽⁷⁾.

During 129-99 BC, the word 'psora' was first used to describe a skin disorder characterized by a scaliness of the eyelids, corners of the eyes, and scrotum. The condition was pruritic and excoriations were present. Although called psoriasis, this affliction was probably a type of eczema. In fact, the meaning of 'psora' is a desquamative condition⁽⁷⁾.

Perhaps the oldest treatment for psoriasis has been exposure to sunlight. Even in pre biblical times, it was noted that 'leprosy' improved with exposure to the sun. At least some of these patients certainly had psoriasis. Until quite recently, new treatments for psoriasis were based on empiric observations⁽⁷⁾.

Epidemiology :

Psoriasis is a common disease that affects 2-3 % of world's population. There is significant geographical variability with the lowest incidence of the disease seen at the equator and increasing frequency towards the poles. Psoriasis is more common among northern European

Review of literature

Caucasians, less common among Asian or African populations and least common among natives of north and south America⁽⁸⁾.

Although some studies find minor deviations, psoriasis is equally common in males and females⁽⁹⁾. Several studies have reported an earlier age of onset in females, but this is not universally observed. There is no evidence for morphological differences in psoriasis between males and females⁽¹⁰⁾.

Psoriasis may first appear at any age. It is most likely to appear between the ages of 15 and 30 years but ranges from birth to the eighth or ninth decade. There was one case report documenting onset at 108 years of age⁽¹¹⁾.

Different age of onset peaks in patients with psoriasis were reported by Henseler and Christophers,⁽¹²⁾ who showed that the possession of certain Human Leukocyte Antigen (HLA) class I antigens, particularly HLA-CW6, is associated with an earlier age of onset and with a positive family history. These findings led Henseler and Christophers to propose that two different forms of psoriasis exist: type I psoriasis with age of onset before 40 years and HLA-associated, and type II, with age of onset after 40 years and lacking HLA associations⁽¹²⁾.

Triggering factors :

1. Trauma :

The Koebner phenomenon i.e. the elicitation of psoriatic lesions by injury to the skin, is observed in approximately 25% of patients with psoriasis.⁽¹³⁾ The lag time between the trauma and the appearance of skin lesions is usually 2-6 weeks. Studies show that HLA-CW6 positive patients show high incidence of the Koebner phenomenon⁽¹⁴⁾.