Autoimmune Skin Disease

ORAL CURCUMIN (MERIVA) IS EFFECTIVE AS AN ADJUVANT TREATMENT AND IS ABLE TO REDUCE IL-22 SERUM LEVELS IN PATIENTS WITH PSORIASIS VULGARIS.

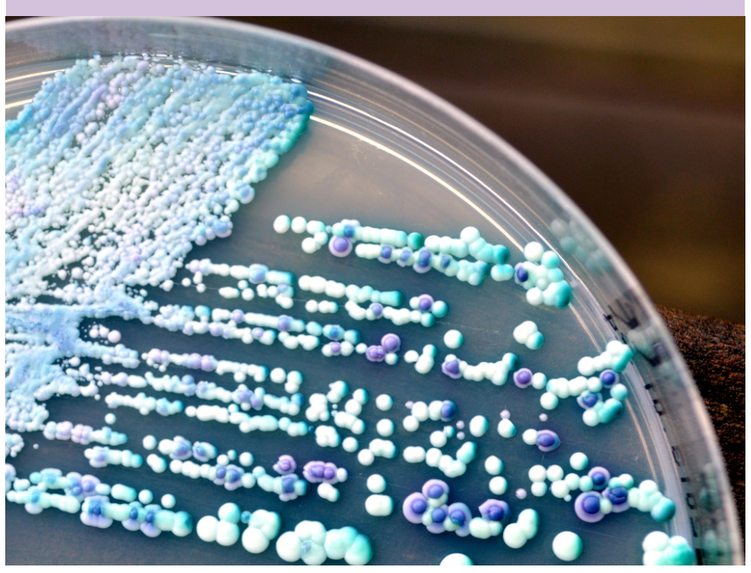
Antiga, E ; Bonciolini, V ; Volpi, W ; Del Bianco, E ; Caproni, M
BioMed research international. 2015;2015:283634

Psoriasis is an immune-mediated inflammatory condition affecting the skin, nails, and joints. Turmeric contains curcumin, a yellow-pigmented polyphenol with anti-inflammatory properties. Several diseases, including psoriasis, have been treated with turmeric in Asian countries since ancient times as a topical application and dietary supplement. This phase 3, single-dose, randomised, double-blind, placebo-controlled clinical trial evaluated the efficacy of curcumin as a complementary therapy for the treatment of mild-to-moderate psoriasis. This study used Meriva, a curcumin supplement that contains lecithin to boost the bioavailability and absorption of curcumin. The study assessed the effect of curcumin supplementation on inflammatory cytokine secretion by the immune cells. For 12 weeks, sixty-three patients with mild-to-moderate psoriasis were randomly assigned to either receive 2 grams of oral curcumin supplement, Meriva, along with topical steroid cream (Methylprednisolone aceponate 0.1%), or topical steroid cream alone. Treatment with 2 grams of oral curcumin supplementation and topical steroid cream application for 12 weeks significantly reduced the secretion of inflammatory cytokine, IL-22, in the serum of psoriatic patients. Additionally, the treatment reduced the proliferation of outer skin cells. Further robust studies are required to analyse the beneficial effects of curcumin on other pathogenic pathways of psoriasis. The study can help healthcare professionals learn more about the benefits of curcumin supplements for treating psoriasis in conjunction with conventional medicine.

CHARACTERIZATION OF THE ORAL AND GUT MICROBIOTA IN PATIENTS WITH PSORIATIC DISEASES: A SYSTEMATIC REVIEW

Todberg, T ; Kaiser, H ; Zachariae, C et al.
Acta dermato-venereologica. 2021;101(7):adv00512

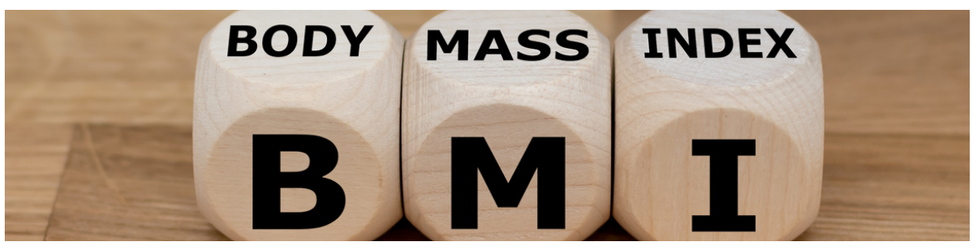
Psoriatic arthritis is an inflammatory arthritis that affects up to 30% of psoriasis patients. There is growing interest in the association between the microbiome and inflammatory conditions. This systematic review examined the role of the oral and gut microbiota and the effect of probiotics in patients with psoriasis and/or psoriatic arthritis. 23 studies were included in the analysis. Studies examined the microbiota using culture or 16S ribosomal RNA gene sequencing analysis. The results showed an increased presence of Candida in the mouth, and an altered gut microbiota in patients with psoriatic disease compared with healthy controls. Probiotics were associated with a significant decrease in psoriasis severity, but the microbiota was unchanged. The study authors concluded that further research is required into the role of the microbiome in patients with psoriasis.



BODY MASS INDEX, ABDOMINAL FATNESS, WEIGHT GAIN AND THE RISK OF PSORIASIS: A SYSTEMATIC REVIEW AND DOSE-RESPONSE META-ANALYSIS OF PROSPECTIVE STUDIES

Aune, D ; Snekvik, I ; Schlesinger, S et al.
European journal of epidemiology. 2018;33(12):1163-1178

Psoriasis is an immune-mediated inflammatory skin disease characterised by red, itchy, scaly and flaky skin. Research has shown an association between adiposity and inflammation cytokine release triggered by adipose tissue, increased body mass index and psoriasis. In this meta-analysis, seven prospective studies were included, and the association between BMI, abdominal fat, and psoriasis was examined. According to this meta-analysis, the relative risk of psoriasis increases by 19% for every 5-unit increase in BMI, 24% for a 10 cm increase in waist circumference, 37% for a 0.1-unit increase in waist-to-hip ratio, and 11% for a 5 kg weight gain. The risk of psoriasis was lower for people with a BMI below 20, and it was significantly higher for those with a BMI between 22.5-24. Psoriasis risk was positively associated with waist circumference, waist-to-hip ratio, and weight gain. Psoriasis risk escalates by 2-4 times with an increase in each measure of adiposity. Several potential strategies to reduce the risk of psoriasis are identified in this meta-analysis, including weight loss, dietary factors, and physical activity. Healthcare professionals can use the results of this study to develop potential therapeutic strategies to reduce the risk of psoriasis by understanding the mechanisms of the disease.



EVALUATION OF LACTOCARE® SYNBIOTIC ADMINISTRATION ON THE SERUM ELECTROLYTES AND TRACE ELEMENTS LEVELS IN PSORIASIS PATIENTS: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL STUDY

Akbarzadeh, A ; Taheri, M ; Ebrahimi, B et al.
Biological trace element research. 2022;200(10):4230-4237

The etiopathogenesis of psoriasis is not completely understood, various mechanisms have been implicated, including changes in the composition of intestinal microbes, oxidative stress, and changes in levels of certain trace elements. Previous research has shown that fluctuations in trace minerals such as zinc and copper may contribute to the progression of psoriasis. Synbiotics, which are combinations of probiotics and prebiotics, have immune-modulating properties, and they may also enhance the absorption of trace minerals from food when consumed. This double-blind, randomised, placebo-controlled trial was conducted to randomly assign sixty-four patients with mild-to-moderate psoriasis to consume Lactocare, a symbiotic containing seven strains of probiotic bacteria and prebiotic fructooligosaccharide twice daily or a placebo for 12 weeks. Serum trace mineral levels of Fe, K, Ca, Mg, P, Zn, Na, and Cu were measured and a significant improvement in zinc and calcium levels was observed as well as significantly increased levels of trace minerals such as Fe, Ca, Mg, P, Zn, and Na compared to the baseline. Fe and Cu levels were affected by sex, with male participants showing significant differences. To evaluate the other benefits of symbiotic preparations in patients with psoriasis, further large-scale studies are required. Healthcare professionals can utilise the research to understand the immune-modulating and anti-inflammatory properties of symbiotic formulations such as Lactocare, and understand how the consumption of Lactocare improves the absorption of trace minerals.