



Review

Alcohol in Psoriasis—From Bench to Bedside

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Abstract: Alcohol affects the symptoms, compliance and comorbidities as well as the safety and efficacy of treatments in psoriatic patients. In this review, we aim to summarize and link clinical observations with a molecular background, such as signaling pathways at the cellular level and genetic variations, and to provide an overview of how this knowledge could influence our treatment selection and patient management.

Keywords: psoriasis; alcohol; addiction; compliance; genetic factors; keratinocytes; immune cells



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1. Introduction

Psoriasis, with a prevalence of 1–4%, is one of the most common chronic inflammatory skin diseases; however, it is not only the disorder of the skin but also a systemic one, associated with significant comorbidities that influence disease pattern, prognosis, treatment and management [1]. Importantly, the severity of psoriasis greatly affects the life quality of patients as well, where impairment is most commonly measured by the Dermatological Life Quality Index (DLQI) [2] and takes a prime position in patient management.

Regarding its clinical phenotypes, chronic plaque-type, guttate, erythrodermic and pustular psoriasis can be distinguished, while based on the localization, other variants such as inverse or flexural psoriasis, palmoplantar psoriasis, sebopsoriasis and nail psoriasis can be described as well [3]. According to the age of onset, psoriasis can be further subclassified into early-onset (≤ 40 years) and late-onset (>40 years) groups, underpinned by findings that a more pronounced genetic background is found in the early-onset one [4]. The severity of psoriasis may range from a few lesions to the involvement of the whole body and can be specified by several parameters, including the size of the affected area and inflammation of the lesions, which are all reflected in the Psoriasis Area Severity Index (PASI) score. Such scoring is the basis for distinguishing mild, moderate and severe psoriasis and has been widely used (in combination with the DLQI) for treatment selection and monitoring treatment response [5]. Therapeutic choices include topical therapies with classical alternatives such as keratolytics and local corticosteroids possibly in combination with vitamin D3 analogs [6] and calcineurin inhibitors. Further options cover phototherapy, oral systemic agents (methotrexate, acitretin, cyclosporine and small molecules, e.g., fumaric acid ester) and biological agents [7]. However, the International Psoriasis Council published a simplified statement in 2020, which instead of the mild, moderate and severe classification defines patients suitable for systemic therapy based on meeting at least one of three criteria: more than 10% of body surface area is affected, psoriasis at special sites (scalp, face, palms and soles or genitalia) and non-response to topical therapy [8].

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