

Session Four

**The Burden of Psoriasis and Psoriatic Arthritis in Canada: Insights from the Psoriasis Knowledge in Canada (SKIN) Survey**

Dr. Chuck Lynde

3:00 pm - 3:15 pm  
Saturday, April 12

**The burden of psoriasis and psoriatic arthritis in Canada: Insights from the Psoriasis Knowledge in Canada (SKIN) survey**

Charles W. Lynde, M.D.<sup>1</sup>, Yves Poulin, M.D.<sup>2</sup>, Lyn Guenther, M.D.<sup>3</sup>

<sup>1</sup>Lynde Center for Dermatology, Markham ON, Canada; <sup>2</sup>Department of Medicine, Laval University, Quebec City, QC, Canada; <sup>3</sup>The Guenther Dermatology Research Centre, London ON, Canada

**INTRODUCTION:**

Psoriasis is a common skin disorder that can persist, with a variable course, throughout adult life. While it is increasingly recognized that psoriasis and psoriatic Arthritis (PsA) can reduce quality of life (QoL), little is known about the burden of these diseases among Canadians. The objectives of this survey were to gain insight into the lives of Canadians suffering from psoriasis/PsA and to determine their impact on QoL.

**METHODS:**

SKIN was a telephone survey of 500 adult Canadians with psoriasis, with or without PsA, who considered themselves informed about psoriasis and indicated that their worst flare affected a body surface area (BSA) equivalent to  $\geq 3$  of their palms. Survey topics included patient-assessed disease control, patient's attitude towards the effect of their burden of illness on QoL, and medication usage.

*...next page*

**RESULTS:**

For approximately two-thirds of respondents, affected BSA during the worst outbreak was  $\geq 10\%$ . Half of respondents said they had persistent joint pain or stiffness and 17.6% said they had been diagnosed with PsA. Psoriasis created problems with partners, friends, or relatives for 27.0% of respondents and 55.8% lost sleep or slept badly because of their condition. When asked, 66.4% of respondents agreed that psoriasis ranks number two in terms of its impact on emotions and QoL out of ten of the worst diseases, including cancer, heart disease, diabetes and arthritis.

Since the onset of their psoriasis, 8.6% of respondents had used an injectable prescription while 91.0% of had used prescription creams or lotions.

**CONCLUSIONS:**

The SKIN survey offers insights into the attitudes of Canadians with psoriasis/PsA about their burden of these diseases. Respondents indicated their disease had a negative impact on their QoL and the majority was using topical treatments for their conditions.

*Research funded by Amgen Canada Inc., and Wyeth Pharmaceuticals.*