

J&B Clinical Cards: Psoriatic Arthritis



JONES AND BARTLETT CLINICAL CARDS
PSORIATIC ARTHRITIS

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■ Course

- Unknown
- Genetic factors contribute
- Strong family history
- Increased frequency of HLA-B7 and B27 (see Table 1) and decreased frequency of Cw7 and DR7 compared to patients with psoriasis but no arthritis
- Unlike rheumatoid arthritis (RA), psoriatic arthritis may be triggered by trauma.

Table 1: HLA-B27 Associations

CONDITION	HLA-B27 + (%)
Normal North American Caucasians	10
Ankylosing spondylitis	> 95
Reactive arthritis	75–90
Anterior uveitis	50–70
Psoriasis (skin only)	Not increased
Psoriatic arthritis (peripheral joints)	Not increased
Psoriatic arthritis (sacroiliitis, sacrodynia)	50
Inflammatory bowel disease (colon only)	Not increased
Inflammatory bowel disease (peripheral joints)	Not increased
Inflammatory bowel disease (sacroiliitis/sacrdynia)	50–70

■ Epidemiology

- Prevalence estimated 1/1000 with 6/100,000 annual incidence
- Males and females affected equally
- Arthritis develops in approximately 10% of individuals with cutaneous psoriasis.
- Incidence may be increased in patients with HIV infection.

■ Pathophysiology

- Immunologic mechanisms include T-lymphocyte activation, increased pro-inflammatory cytokines including TNF α , and increased immunoglobulin levels.
- The precise mechanisms of immune activation and the pathway to synovial inflammation and joint disease is not known.
- The association between skin and musculoskeletal manifestations may be explained by activation of inflammatory pathways triggered by local trauma to both skin and bones in genetically predisposed individuals.

■ Signs/Symptoms

- Several patterns of disease have been described:
 - Monarticular or oligoarticular arthritis
 - Polyarticular arthritis resembling RA

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