

South Beach
Symposium
clinical • aesthetic dermatology

SBS PART I

THE MEDICAL DERMATOLOGY
Summit WWW.LIVDERM.ORG

Time to Think About Both Skin and Joint Disease:



Optimizing the Diagnosis and Management of Psoriatic Arthritis Through Multidisciplinary, Patient-Centered Care

SBS 2021 Satellite Symposium



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Welcome



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Agenda

Title	Presenter
Introduction, Screening, Diagnosis	Alice B. Gottlieb MD, PhD
Comorbidities	Alexis Ogdie MD, MSCE
Treatment	Joseph F. Merola MD, MMSC
Cases and Panel Discussion	All Faculty



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Diagnosing and Managing PsA

Alice B. Gottlieb, MD PhD
Joseph F. Merola, MD MMSc

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**Alice B. Gottlieb, MD, PhD**

Clinical Professor of Dermatology, Department of Dermatology
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Medical Director, Department of Dermatology
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Disclosures

- **A.B. Gottlieb has received honoraria as an advisory board member and consultant for: Avotres Therapeutics, Beiersdorf, Boehringer Ingelheim, Bristol-Myers Squibb Co., Incyte, Janssen, LEO Pharma, Eli Lilly, Novartis, Sun Pharmaceutical Industries, Inc., UCB, and Xbiotech**
- **A.B. Gottlieb has received research/educational grants from: Boehringer Ingelheim, Incyte, Janssen, Novartis, UCB, Xbiotech, and Sun Pharma**

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Diagnosing and Managing PsA Overview

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Reasons Why PSA Is so Important to Diagnose and Treat

- PsA is common and easy to diagnose in many cases
- PsA is disabling
- PsA frequently goes undiagnosed (up to 41%)
- Cutaneous disease can precede arthritis by 10-12 years
- Dermatologists can be the first to detect arthritis
- TNF and IL-17 blockers currently inhibit X-ray progression. IL-23 blockade may be next
- Dermatologists can prevent disability by initiating treatment early on
- It is essential in the treatment of psoriasis to know first if the patient also has PSA
- Presence of PSA is independent of presenting psoriasis severity

IL = interleukin; PsA = psoriatic arthritis; TNF = tumor necrosis factor
Gottlieb A, et al. *J Dermatolog Treat.* 2019;24:1-18. 2019 Apr 24;1-18. doi: 10.1080/09546634.2019.1605142. Online ahead of print

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Underdiagnosis of Psoriatic Arthritis

41% of those diagnosed with PsA were *not* previously diagnosed by their dermatologist

PREPARE, Prevalence of Psoriatic Arthritis in Adults With Psoriasis: An Estimate From Dermatology Practice.

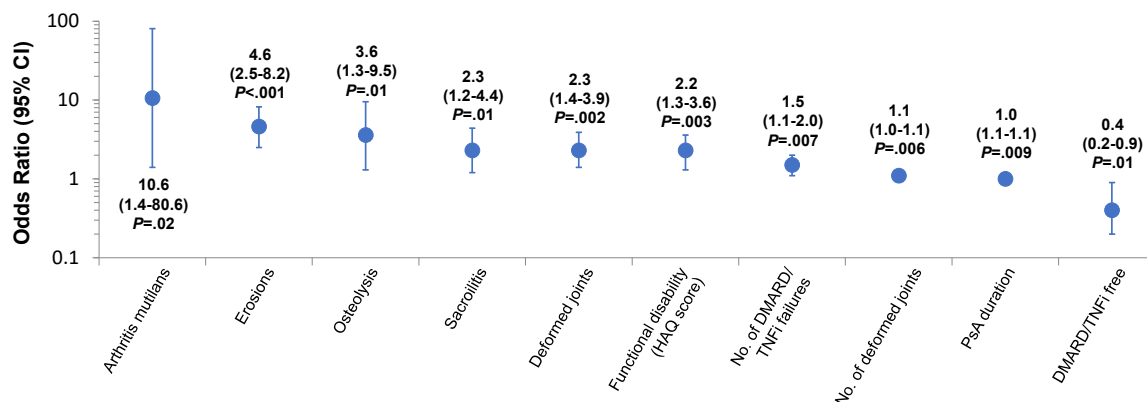
*In 34 dermatology centers in 7 European and North American countries

Mease PJ et al. *J Am Acad Dermatol.* 2014;71:649-655.

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Delays in Diagnosis Are Associated With Worse Outcomes

Clinical Features^a Associated With >6-Month Delay in Diagnosis^b (univariate analysis model)



CI, confidence interval; DMARD, disease-modifying antirheumatic drug; HAQ, health assessment questionnaire.

^aClinical features recorded as percent, unless otherwise stated.

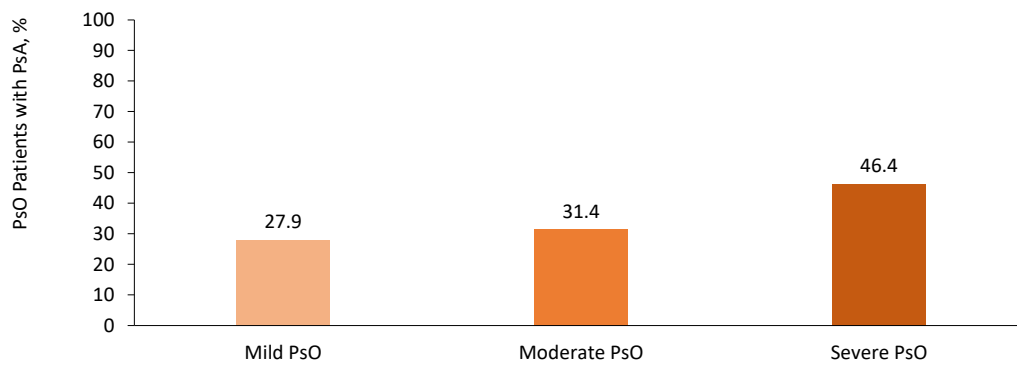
^bThe following features were not statistically significant: low education status, oligoarthritis, physical health factors of quality of life (PCS-SF-36), and mental health factors of quality of life (MCS-SF-36).

Haroon M et al. *Ann Rheum Dis.* 2014;74(6):1045-1050.

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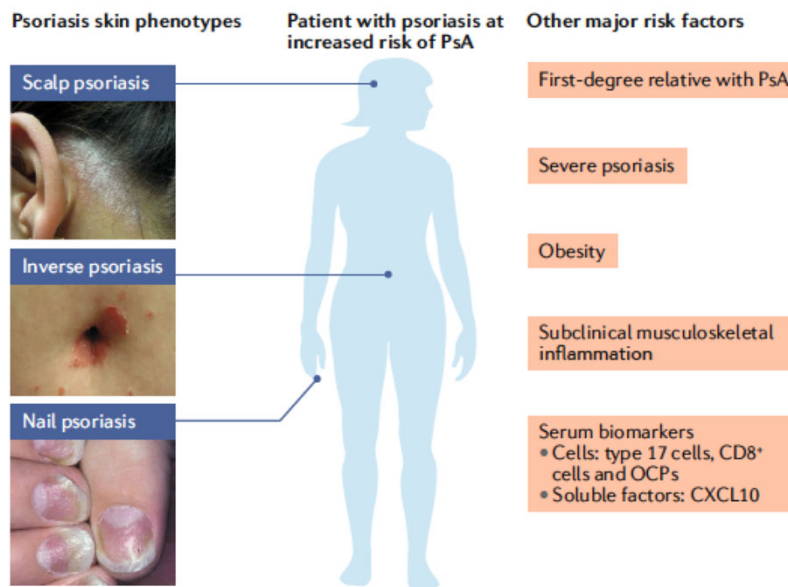
Psoriatic Arthritis occurs in Psoriasis Patients with Mild Disease Too

Prevalence of PsA Among Patients with Mild, Moderate, or Severe PsO¹



1. Armstrong AW et al. *JAMA Dermatol.* 2013;149(10):1180-1185

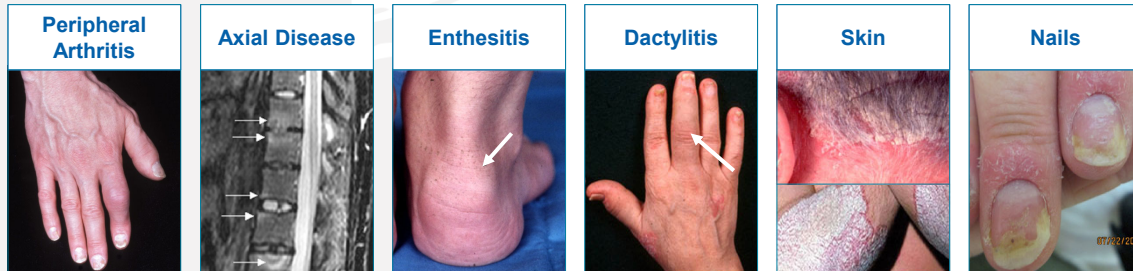
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Scher JU et al. *Nature Reviews Rheumatology* volume 15, pages 153–166 (2019)

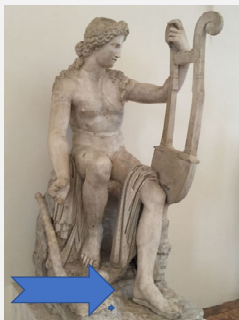
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Psoriatic Arthritis Domains



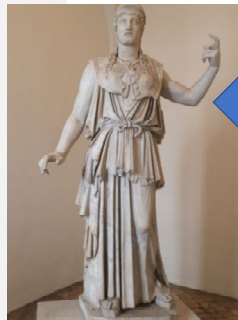
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Early Psoriatic Arthritis Often Presents with Enthesitis



**Achilles Tendon
Insertion**

Plantar Fascia



Lateral Epicondyles

**Enthesitis Occurs in 35% of
Psoriatic Arthritis Patients**

Polachek A, et al. Presented at: 2015 ACR/ARHP Annual Meeting; November 9; San Francisco, CA; Abstract 1710.

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Differential Diagnosis of Psoriatic Arthritis, Gout, Fibromyalgia, Osteoarthritis, Rheumatoid Arthritis, and Ankylosing Spondylitis

	Psoriatic Arthritis	Gout	Fibromyalgia	Osteoarthritis	Rheumatoid Arthritis	Ankylosing Spondylitis
Psoriasis ^{1,2}	Yes	Uncommon	No	Uncommon	Uncommon	Uncommon
Peripheral Disease ^{1,2}	Asymmetric	Yes	Yes	Asymmetric	Symmetric	No
Sacroiliitis ¹	Asymmetric			No	No	Symmetric
Stiffness ^{1,2}	In morning and/or with immobility	Acute onset of severe pain w/rapid response to NSAIDs	Yes	With activity	In morning and/or with immobility	Yes
Female:male ratio ¹	1:1			Hand/foot more common in females	3:1	1:3
Nail lesions ^{1,2}	Yes	No	No	No	No	No
Dactylitis ^{1,2}	Yes, Asymmetric	Yes	No	No	No	Uncommon
Enthesitis ^{1,2}	Yes	Yes	Yes	No	No	Uncommon
High-titer rheumatoid factor ^{1,2}	No	No	No	No	Yes	No
HLA association ¹	CW6, B27			No	DR4	B27

HLA, human leukocyte antigen.

1. Gottlieb A, et al. J Am Acad Dermatol. 2008;58:851-864. 2. Mease PJ, et al. Drugs. 2014;74:423-441.

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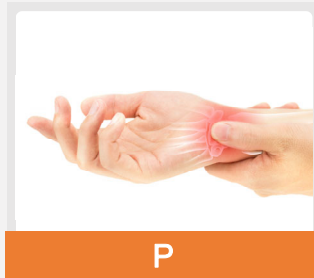
Diagnosing and Managing PsA

Screening for PSA

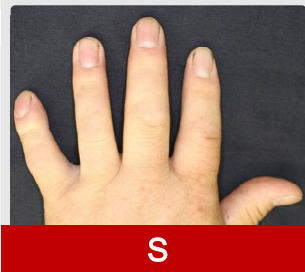
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Diagnosing Psoriatic Arthritis: “It’s as Easy as P s A”

If 2 of the below are present, formal screening / referral for PsA should be completed



P
Pain in joints



S
Stiffness (after waking in the morning, or after a period of inactivity of >30 minutes)
Swelling/sausage digit (dactylitis*)



A
Axial/spine involvement (back pain associated with stiffness, improves with activity)

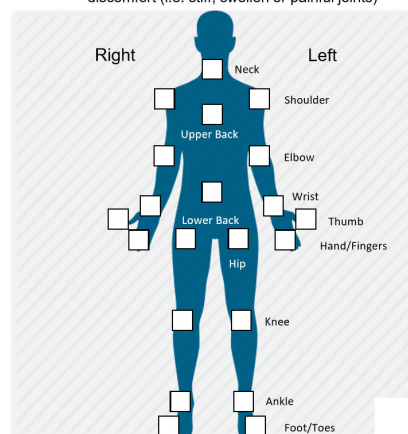
Cohen JM, Husni ME, Qureshi AA, Merola JF. *J Am Acad Dermatol*. 2015;72:905-906.

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Psoriatic Epidemiology Screening Tool (PEST)¹

	No	Yes
Have you ever had a swollen joint (or joints)?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever told you that you have arthritis?	<input type="checkbox"/>	<input type="checkbox"/>
Do your fingernails or toenails have holes or pits?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had pain in your heel?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a finger or toe that was completely swollen and painful for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>

the drawing below please tick the joints that have caused you discomfort (i.e. stiff, swollen or painful joints)



- The PEST questionnaire is available in the GRAPPA app²

Helliwell PS. *J Rheumatol*. 2011;38(3):551-2. Callis Duffin K, et al. *J Rheumatol Suppl*. 2018;94:48-51.

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1. Pain
Circle the number that best describes the pain you felt due to your psoriatic arthritis during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

2. Fatigue
Circle the number that best describes the overall level of fatigue due to your psoriatic arthritis you have experienced during the last week.

No fatigue	0	1	2	3	4	5	6	7	8	9	10	Totally exhausted
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

3. Skin problems
Circle the number that best describes the skin problems including itching you felt due to your psoriatic arthritis during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

4. Work and/or leisure activities
Circle the number that best describes the difficulties you had to participate fully in work and/or leisure activities due to your psoriatic arthritis during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

5. Functional capacity
Circle the number that best describes the difficulty you had in doing daily physical activities due to your psoriatic arthritis during the last week.

No difficulty	0	1	2	3	4	5	6	7	8	9	10	Extreme difficulty
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

6. Discomfort
Circle the number that best describes the feeling of discomfort and annoyance with everyday tasks due to your psoriatic arthritis during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

7. Sleep difficulties
Circle the number that best describes the sleep difficulties (i.e., resting at night) you felt due to your psoriatic arthritis during the last week.

No difficulty	0	1	2	3	4	5	6	7	8	9	10	Extreme difficulty
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

8. Coping
Considering your psoriatic arthritis overall, how well did you cope (manage, deal, make do) with your psoriatic arthritis during the last week?

Very well	0	1	2	3	4	5	6	7	8	9	10	Very poorly
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

9. Anxiety, fear and uncertainty
Circle the number that best describes the level of anxiety, fear and uncertainty (for example about the future, treatments, fear of loneliness) due to your psoriatic arthritis you have experienced during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

10. Embarrassment and/or shame
Considering your psoriatic arthritis overall, circle the number that best describes the level of embarrassment and/or shame due to your appearance experienced during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

11. Social participation
Circle the number that best describes the difficulties you had to participate fully in social activities (including relationships with family and/or people very close to you) due to your psoriatic arthritis during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

or enter a number between 0 and 10 in this box

12. Depression
Circle the number that best describes the level of depression due to your psoriatic arthritis you have experienced during the last week.

None	0	1	2	3	4	5	6	7	8	9	10	Extreme
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

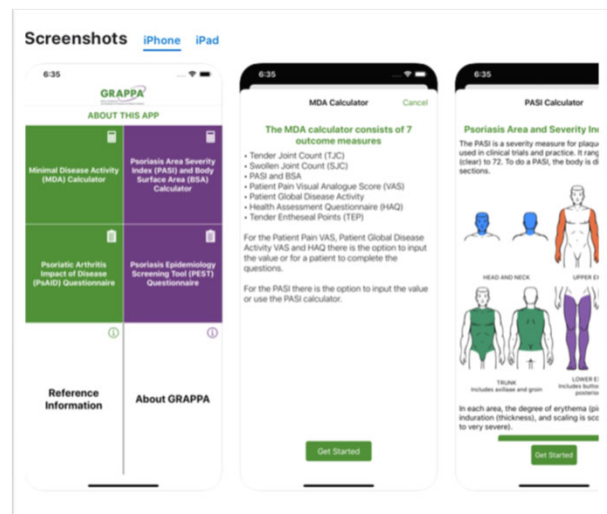
or enter a number between 0 and 10 in this box

THE PSAID 12 : A VALIDATED PSA SYMPTOMS QUESTIONNAIRE

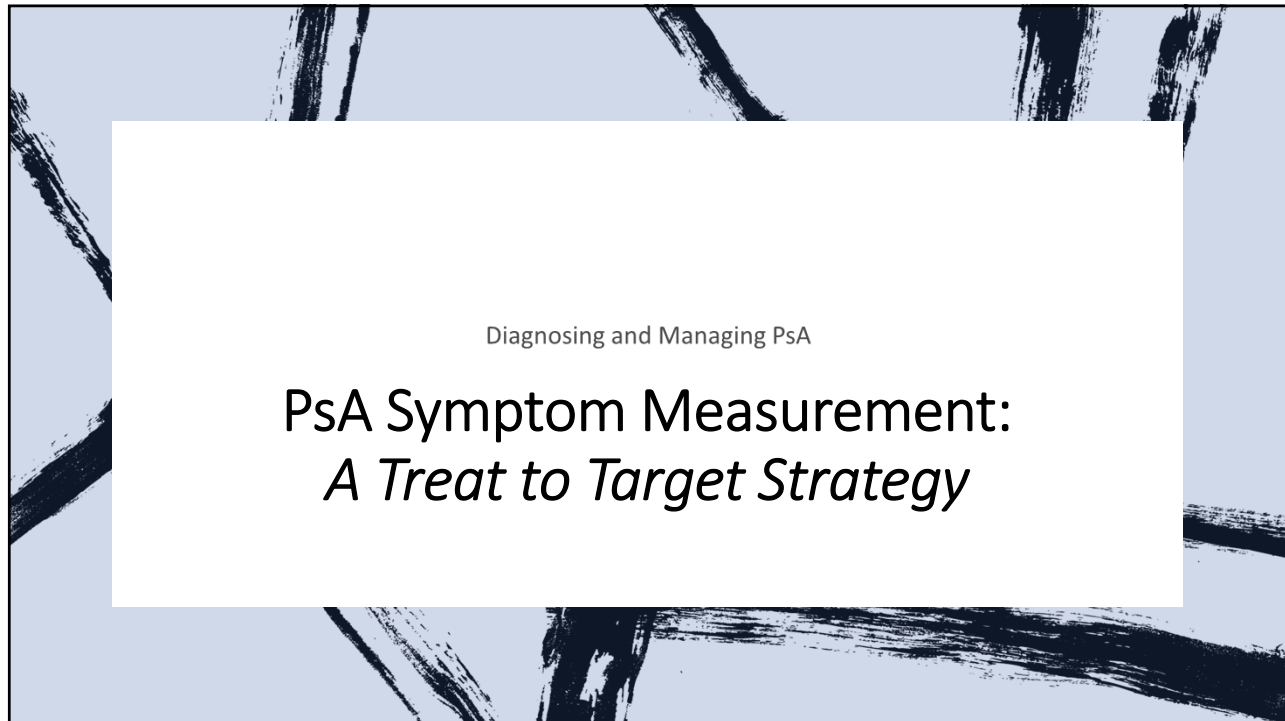
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GRAPPA App: PEST and PSAID 9/12

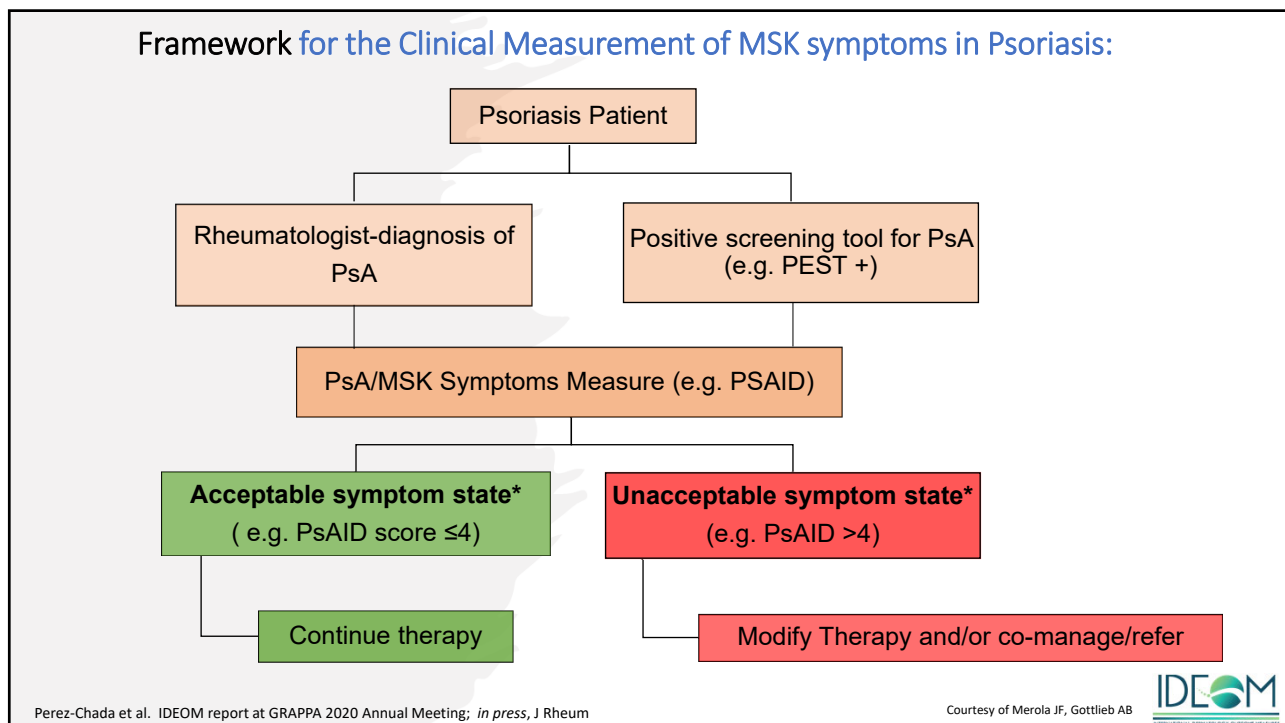
- The APP is free
- Patient can complete on their own:
 - PEST screening tool for diagnosing psoriatic arthritis
 - The Psoriatic Arthritis Impact of Disease Questionnaire (PSAID):
 - A 12 question PsA symptom measurement tool for disease severity / impact
 - App calculates score automatically
- iPHONE, iPAD, Android
- Languages:
 - English, French, Italian, Spanish, Portuguese (standard and Brazilian), Russian, German, Arabic, Chinese (simplified, Hong Kong and Taiwan), Japanese, Hebrew and Swedish



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Thank You!

See you in MIAMI 2022 !

