WEIGHT-LOSS IMPROVES DISEASE ACTIVITY IN OBSESE PATIENTS WITH PSORIASIC ARTHRITIS

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Background: Obesity is over-represented in patients with psoriatic arthritis (PsA) and associated with increased risk of getting the disease, higher disease activity, poorer effect of treatment and in addition cardiovascular co-morbidity. Methods: Patients with PsA (Caspar criteria) and obesity (body mass index BMI≥33 kg/m2) were included. The median weight-loss was 18.7 (IQR 14.6–26.5) kg. BMI decreased from median 35.2 (34.1–38.1) to 29.7 (26.2–31.5) kg/m2. A majority of the disease activity parameters improved significantly (Table). Totally 16 patients (39.0%) reached PsARC and the number of patients with MDA increased from n=12 (29%) to n=22 (54%), p<0.001 between baseline and the 6 months visit.

Conclusions: Weight-loss treatment with VLED had significant positive effects on disease activity in joints, entheses and skin in patients with PsA and obesity.

Disclosure of Interest: None declared.