

## **PSORIASIS IN CHILDHOOD AND METABOLIC SYNDROME : A SYSTEMATIC REVIEW**

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### **BACKGROUND**

Pediatric psoriasis corresponds to approximately one-third of all cases of psoriasis. In adults this condition is associated with a strong risk of metabolic syndrome (MetS) but the association between pediatric psoriasis and MetS is not well established.

### **OBJECTIVE**

The aim of this study was to evaluate the association between psoriasis and metabolic syndrome in children.

### **MATERIAL AND METHODS**

A systematic literature review was conducted following the PRISMA guidelines. Papers were selected searching PubMed/Medline, SciELO and LILACS databases in October 2021 using the terms [Psoriasis] AND [metabolic syndrome] AND [Children].

The inclusion criterion was limited to observational studies that evaluated the association between psoriasis and metabolic syndrome in children. There were no language or publication date restrictions.

### **RESULTS**

Among the 58 studies initially found, 6 were included in this systematic review. Epidemiological studies have shown an increased hazard of comorbidities in psoriasis. Patients with pediatric psoriasis have stronger atherogenic cardiometabolic risk profile, with signs of lipoprotein dysfunction and insulin resistance. The severity of skin conditions like psoriasis has been linked with MetS, also therapeutic treatment on MetS might lead to improvement on the severity of skin conditions.

HOMA-IR IR (Homeostasis Model Assessment - Insulin Resistance) can be a useful tool for an early assessment of cardiometabolic risk, regardless of MetS' definition.

### **CONCLUSION**

Early diagnosis and appropriate disease monitoring of children affected has the potential to facilitate disease's control and reduce future cardiovascular disease (CVD). Thus, it may be beneficial to evaluate children with psoriasis for components of MetS to avoid future CVD morbidity and mortality.