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Depression in patients with psoriasis: Effects of biologics

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Psoriasis is a common chronic immune-mediated inflammatory disorder affecting 2–3% of the population. Psoriasis is associated with a variety of psychological difficulties, including poor self-esteem, social stigmatization, anxiety, depression, and suicidal ideation. Psoriasis is associated with substantial impairment of health-related quality of life (HRQOL). Some studies estimated that around one-quarter of patients in dermatology practices have psychiatric disorders. Significantly elevated concentrations of TNF- α have been observed in the plasma of patients with psoriasis and in patients with major depression. TNF α has been implicated in the pathogenesis of both psoriasis and depression. In humans, administration of TNF- α blockers such as etanercept (Enbrel), infliximab (Remicade) and adalimumab (Humira) and IL-12/23 inhibitors have been found to improve depression that accompany psoriasis.

Biography

Ayman El Gendi has completed his MBChB from Zagazig University, Banha Faculty of Medicine in 1983. He received his MSc and his MD in Dermatology and Venereology in 1988 and 1992 respectively from the same University and Faculty. He is currently the Consultant of Dermatology in Saudi Airlines Medical Services Center. He has published several papers on Psoriasis in reputed journals, for example: "Depression Over Psoriasis: Assessment of Association Relief by addition of Adalimumab for the treatment of Psoriasis: Observation Study (DORADO – Ps) in the *Journal of Dermatology and Dermatologic Surgery*, 2015, Early Online, and "Management of Psoriasis in Africa and the Middle East: A Review of Current Opinion, Practice and Opportunities for Improvement, in the *Journal of International Medical Research* 2011, also "Saudi practical guidelines on biologic treatment of psoriasis, in *J Dermatology Treat*, Early Online, together with a paper on "B-Endorphin in Psoriasis and its Relation to Disease Activity in *Med. J. Cairo University*, 2002, to name but a few. He is a Member of the International Society of Dermatology, The Egyptian Society of Dermatology and the Saudi Society of Dermatology.

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