

The Characteristics of a Psoriatic Arthritis (PsA) Cohort in Newfoundland, Canada with an Early Disease Subset

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Background

Psoriatic arthritis (PsA) is a serious chronic condition that affects 10-35% of patients with skin psoriasis (PSO) and is associated with progressive joint damage and significant disability. The prevalence of psoriasis in Newfoundland and Labrador is considered to be high (around 5%).

Objectives

To examine the clinical characteristics of a cohort of patients with PsA with a subset of early disease.

Methods

The charts of patients who met CASPAR criteria for the diagnosis of PsA seen in a twelve month period in a rheumatology clinic specializing in PsA were reviewed. A subset of these patients were part of a prospective early PsA cohort who had an onset of arthritis symptoms less than two years and a skin disease duration of less than 10 years. The epidemiologic, clinical and laboratory parameters were recorded and an observational analysis of the data was also conducted.

Results

205 patients with PsA meeting the CASPAR criteria were identified including 38 patients with early disease. The analysis was completed on 108 patients with established disease and on 38 patients with early PsA for a total of 146. All patients had a history of PSO and the mean follow-up duration was 44 months (11-153). The age of onset for PsA and PSO in established and early patients was 44.8, 46.9 and 34.7, 40.7 years respectively. The majority of early PsA patients had family history of PSO 61.8% vs. 45.7% for the established. The severity of PSO in the established group was 62.5% mild, 26.9% moderate, and 9.6% severe. Nail involvement was greater in the early PsA group 70.6% vs. 54% for the established group. Polyarticular disease was present in 36% of the established group and 44% of the early group. Negative RF factor was 87.8% and 87.9%, and mean ESR was 25.0 vs. 17.1 mm/hour in the established vs. early group respectively.