

Epidemiology of Psoriasis in Mainland China

中國 銀屑病流行病學研究 0.11%-0.47%

Region	Year	Method	Subjects	Prevalence (%)
Xinjiang	1978	Clinical database	18,498	0.18
Mainland	1984	Questionnaire	5,742,066	0.12
Anhui	2001	Questionnaire	92,857	0.11
Six cities	2012	Clinical examination	17,345	0.47
Hainan	2013	Questionnaire	30,935	0.14

1.Qian XC et al. J XinJiang Med Univ Journal, 1978;2:204 Chinese

2.Psoriasis Epidemiology Study Group. J Dermatol Venerol 1989;11(1):60-72 Chinese

3.Xu YY et al. Acta Anhui Med Univ 2001;36:483-485 Chines

4.Ding X et al. Prevalence of psoriasis in China: a population based study in six cities. Eur J Dermat 2012;22(5):663-667

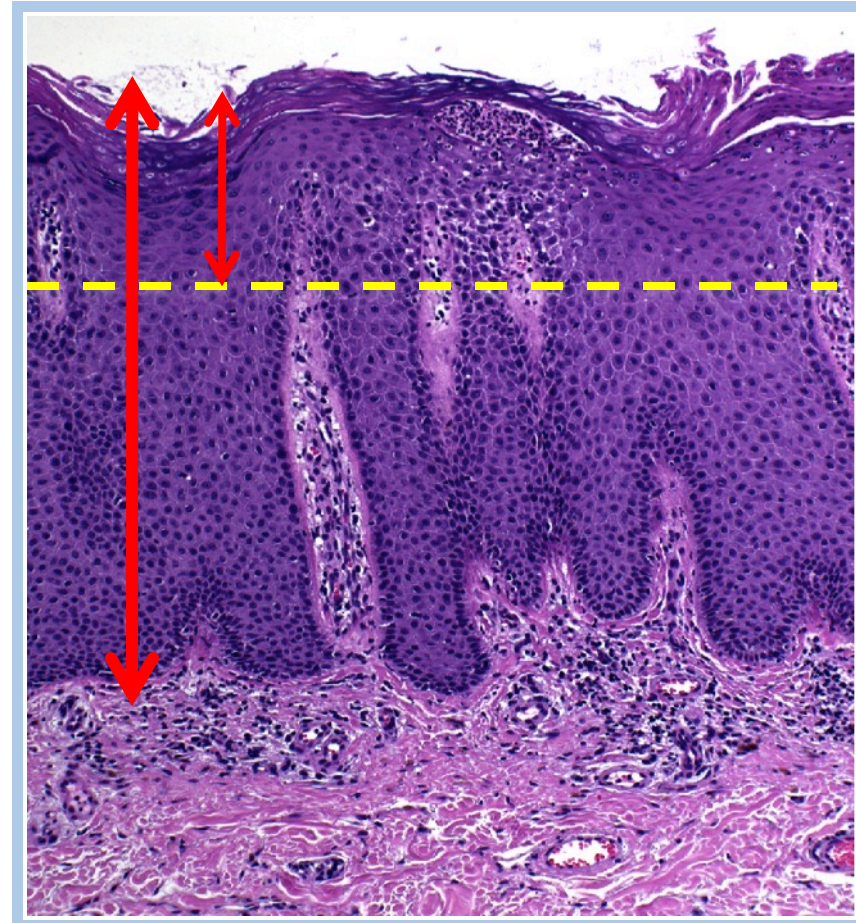
5.Li MJ Et al. Prevalence and risk factors of psoriasis in Hainan Province: an epidemiological survey. Chin J Dermatol. 2013;46:157-59

Bos J. D., Hulsebosch H. J., Krieg S. R., Bakker P. M., Cormane R. H. Immunocompetent cells in psoriasis. In situ immunophenotyping by monoclonal antibodies. Arch. Dermatol. Res. 1983;275;181-189.

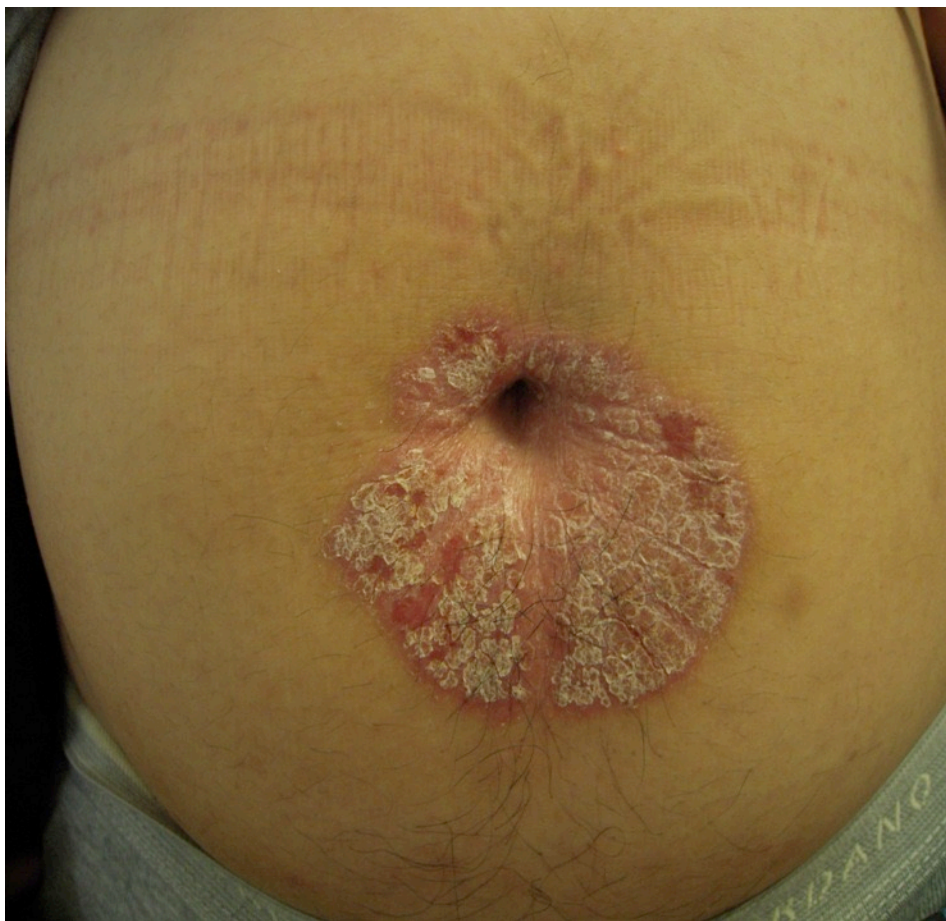
↓ 臨床病徵



↓ 在顯微鏡下，皮膚增厚 3-4x，以及真皮層血管擴張及淋巴細胞增多



尋常性銀屑病 > 90%



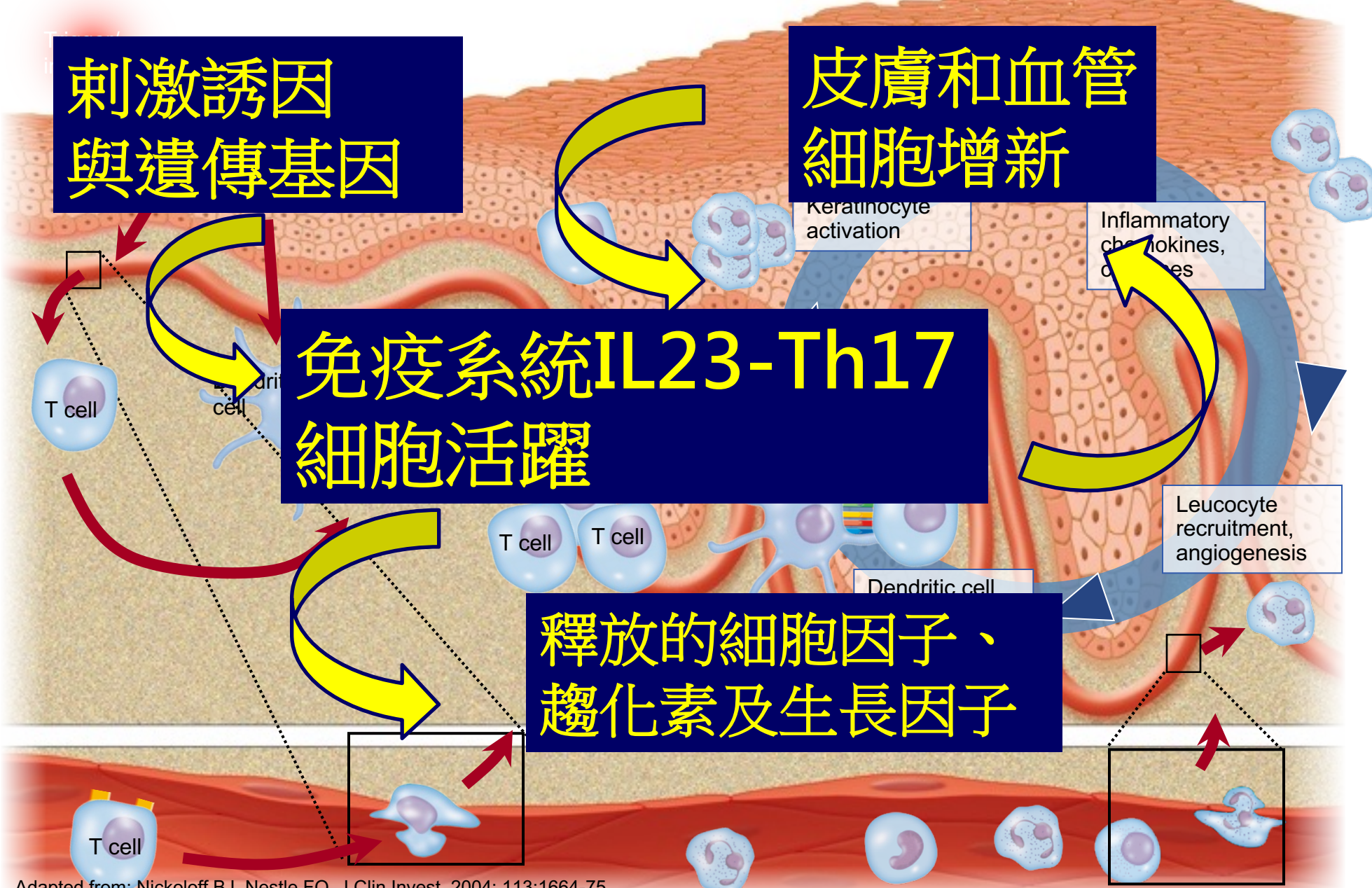
頭皮銀屑病60-70%



嚴重尋常性銀屑病 / 紅皮病性銀屑病



尋常性銀屑病的病理

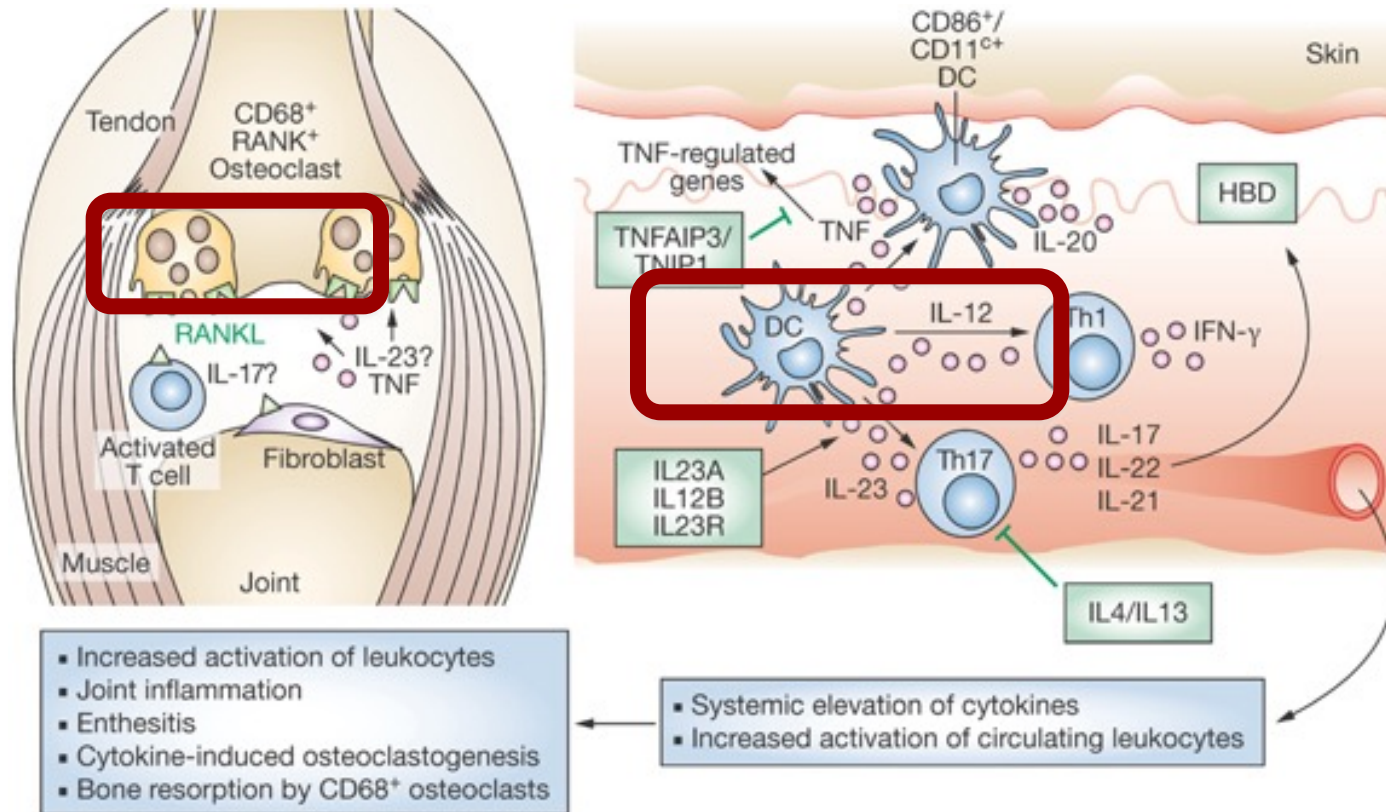


Triggers of psoriasis 病發因素

- Autoantigen recognition
自身抗原識別 – 細菌 DNA / 黑色素細胞蛋白
- Gut Microbiota dysbiosis
腸道細菌群失衡
- Viral or bacterial infection
病毒或細菌感染
- Mechanical injury⁴
創傷
- Drugs⁵
藥物
- Lifestyle (e.g. smoking, stress, diet, obesity)^{6,7}
生活方式

銀屑病-皮膚及銀屑病關節炎的共同性

- 約有**10-40%**會患上銀屑病關節炎
- 關節出現**紅腫、疼痛及僵硬**等情況
- 假若處理不當，可令病情惡化，導致關節永久損害，影響活動能力，甚至引致殘障





Review Article

Cardiovascular comorbidities in psoriasis

牛皮癬中的心血管並存疾病

SKF Loo 盧景勳, KH Yeung 楊國鴻, KM Ho 何景文, KK Lo 盧乾剛

Table 3. Psoriasis and the cardiometabolic risk factors

Risk factor	Psoriasis	Controls	Odds ratio (95%CI)
Smoking	28.0%-30.1%	21.1%-22.5%	1.36 (1.20-1.44)
Diabetes	4.4%-7.1%	3.3%-4.3%	1.56 (1.23-2.19)
Hypertension	14.7%-20.0%	11.8%-13.2%	1.21 (1.13-1.39)
Hyperlipidaemia	4.7%-6.0%	3.3%-3.6%	1.30 (1.11-1.56)
Obesity	15.8%-20.7%	13.0%-13.1%	1.55 (1.26-2.11)
Metabolic syndrome	4.3%-30.1%	1.1%-17.2%	2.15 (1.1-5.92)

銀屑病治療目標:

Global report on PSORIASIS



- ✓ 緩和症狀/ 改善外觀 PASI 90-100
- ✓ 關節炎
- ✓ 減低心血管疾病的風險
- ✓ 提高生活品質