

# Age and psoriasis: burden of disease and treatment course from the German Registry PsoBest

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## INTRODUCTION & OBJECTIVES

The national non-interventional Psoriasis registry PsoBest observes patients with moderate to severe psoriasis starting a biologic, biosimilar, small molecule or conventional systemic treatment for 10 years in routine care since 2008. Long-term data collection does not depend on further treatment. PsoBest aims to evaluate long-term safety and effectiveness of systemic treatment in Germany. The results presented were obtained to characterise patients with a focus on age and potential differences between age groups.

## PATIENTS AND METHODS

About 700 registry sites are participating, clinics as well as resident dermatologists. Visits are carried out every 3 months among adult patients who gave informed consent alternating as dermatology office visits and as direct mails to patients. The analysis comprises all patients and visits reported until 30.06.2014. Treatment course was analysed using clinical parameters (Psoriasis Area and Severity Index PASI, Body Surface Area BSA) as well as patient reported outcomes (Dermatology Life Quality Index DLQI, Patient Benefit Index PBI) in three subgroups regarding age (age < 35 vs. 35-65 vs. 65+ years). Comparisons were conducted using chi<sup>2</sup>-, Kruskal-Wallis- or t-Test, depending on distributional assumptions met. Multiple tests were adjusted by the Bonferroni-procedure.

## RESULTS

### Baseline

Out of 3615 patients, 404 were older than 65 years (11.2%, see figure 1). Mean age at baseline was 47 years (standard deviation 14), the oldest patient was aged 92 when starting the registry. In younger age groups, and overall the registry, rate of male and female patients were approx. 60% and 40%, respectively. Patients starting their participation in higher age showed no differences in gender (52% male and 48% female). For younger patients (less than 35 years) biologics were prescribed rarest ( $p \leq 0.001$ , figure 2).

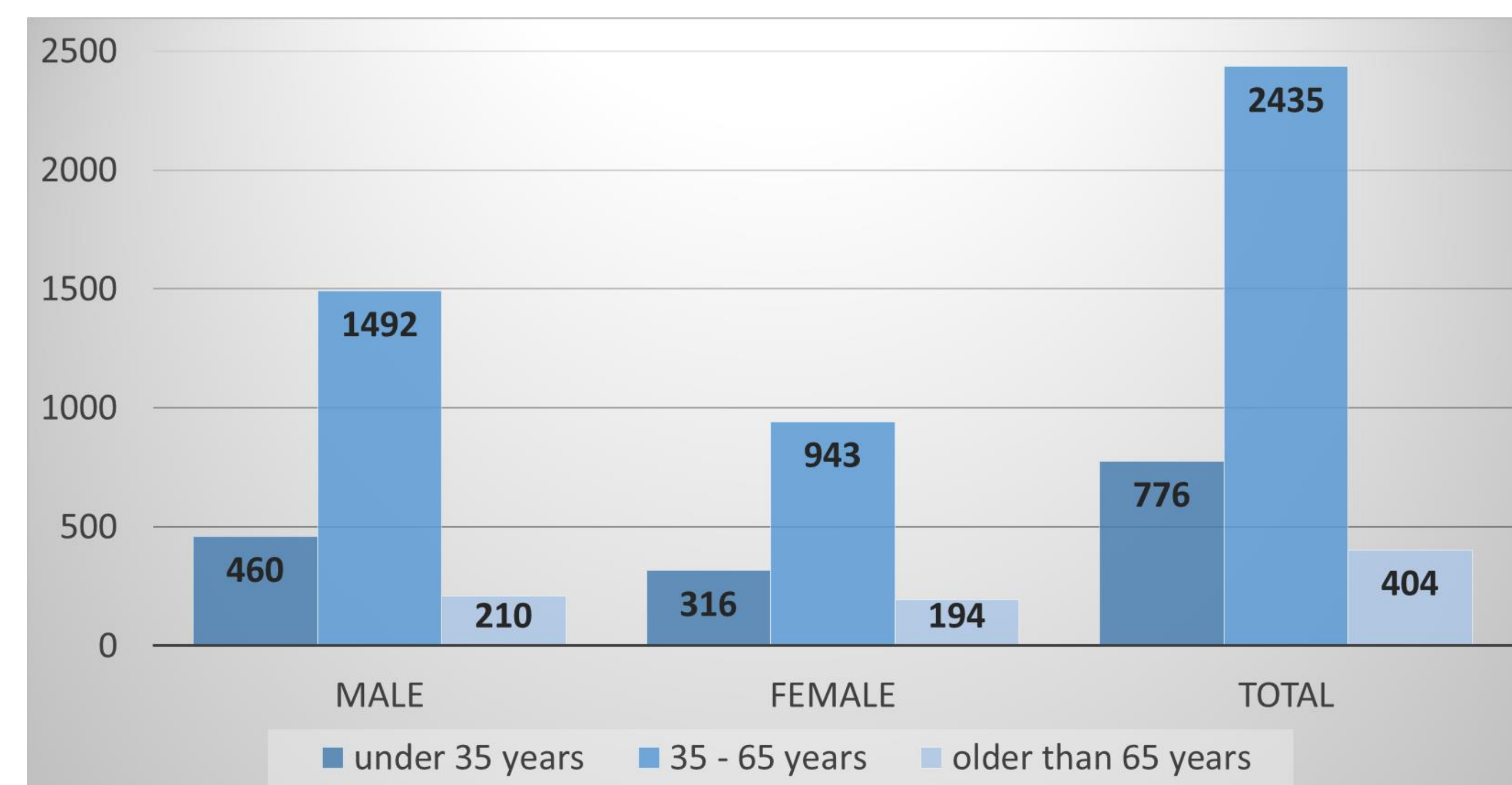


Figure 1. Age at baseline by gender. Most male and female patients were aged 35 to 65 years. N=3615

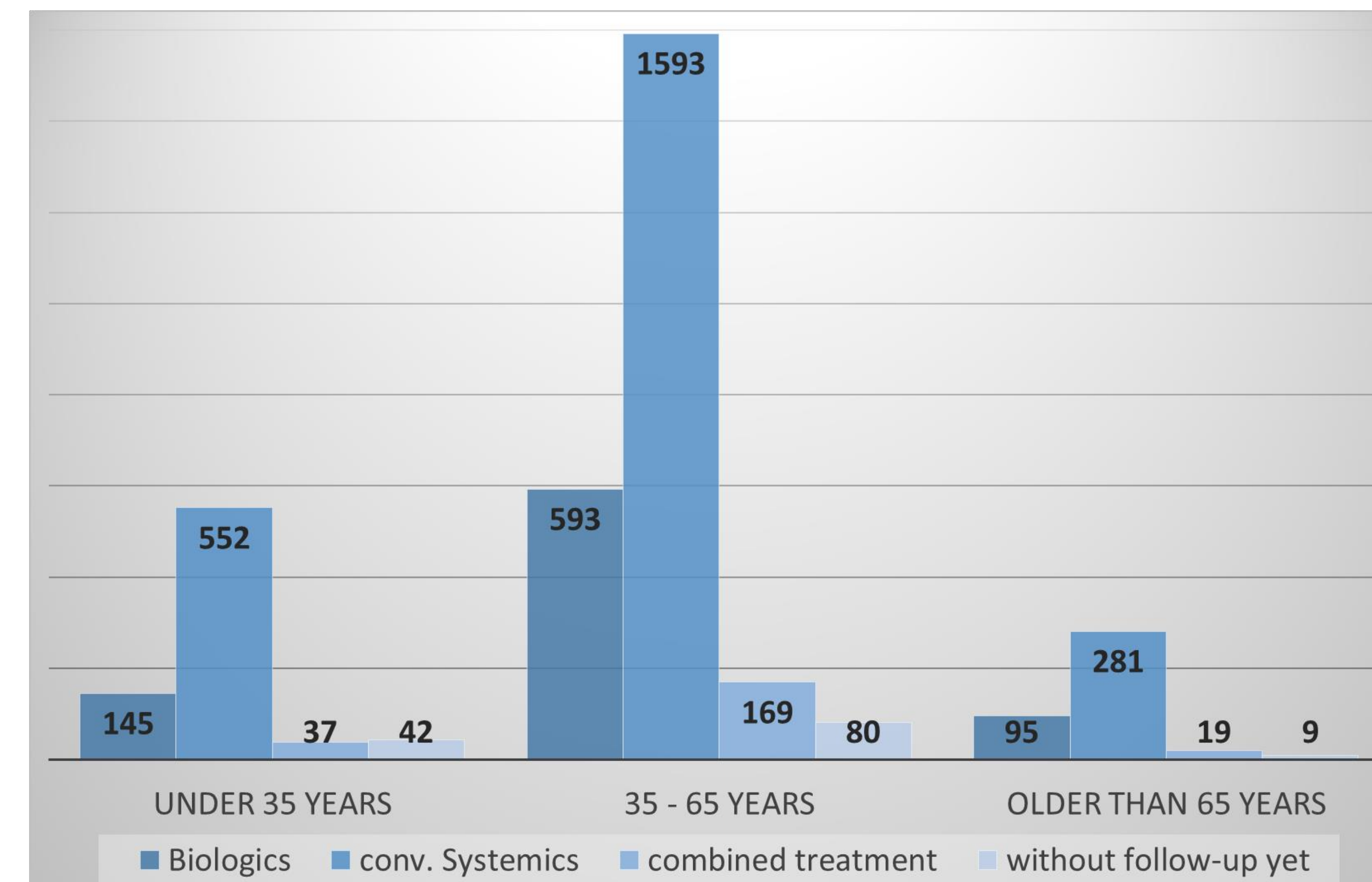


Figure 2. Inclusion treatment by gender. Most patients started a conventional systemic treatment at registration. N=3615

No significant differences were observed between age groups at registry baseline (PASI 14.4, BSA 23.3, see table 1) with the exception of older patients showed a less impairment in quality of life (DLQI 11.8/11.4/8.6 in age group age < 35/ 35-65/ 65+ years,  $p \leq 0.001$ ).

Table 1. Mean patients characteristics at baseline by age group. All patients, young and old alike, showed a markedly severity of disease.

|                            | N    | mean | median | range  |
|----------------------------|------|------|--------|--------|
| <b>Under 35 years</b>      |      |      |        |        |
| PASI                       | 757  | 14.1 | 12.1   | 0-64.8 |
| BSA                        | 756  | 22.8 | 15.5   | 0-100  |
| DLQI                       | 768  | 11.9 | 12.0   | 0-30   |
| EQ-5D VAS                  | 756  | 57.0 | 60.0   | 0-100  |
| <b>35 -65 years</b>        |      |      |        |        |
| PASI                       | 2376 | 14.5 | 12.5   | 0-66.6 |
| BSA                        | 2388 | 23.3 | 15.0   | 0-100  |
| DLQI                       | 2393 | 11.4 | 11.0   | 0-30   |
| EQ-5D VAS                  | 2334 | 53.4 | 55.0   | 0-100  |
| <b>Older than 65 years</b> |      |      |        |        |
| PASI                       | 395  | 14.1 | 12.2   | 0-50.4 |
| BSA                        | 393  | 24.9 | 18.0   | 0-100  |
| DLQI                       | 393  | 8.6  | 8.0    | 0-26   |
| EQ-5D VAS                  | 375  | 52.9 | 50.0   | 0-100  |

## Clinical course

During the treatment course, all groups showed comparable fast (BSA 12.8 after 3 months) and sustained (DLQI reduction of 48.2/ 48.5/45.8% after 6 months, see figure 2) treatment benefit. Thereby, elderly patients showed a more advantageous PASI reduction (48.2/56.0/57.0% after 6 months, absolute PASI 5.4/5.1/4.4,  $p \leq 0.01$ ).

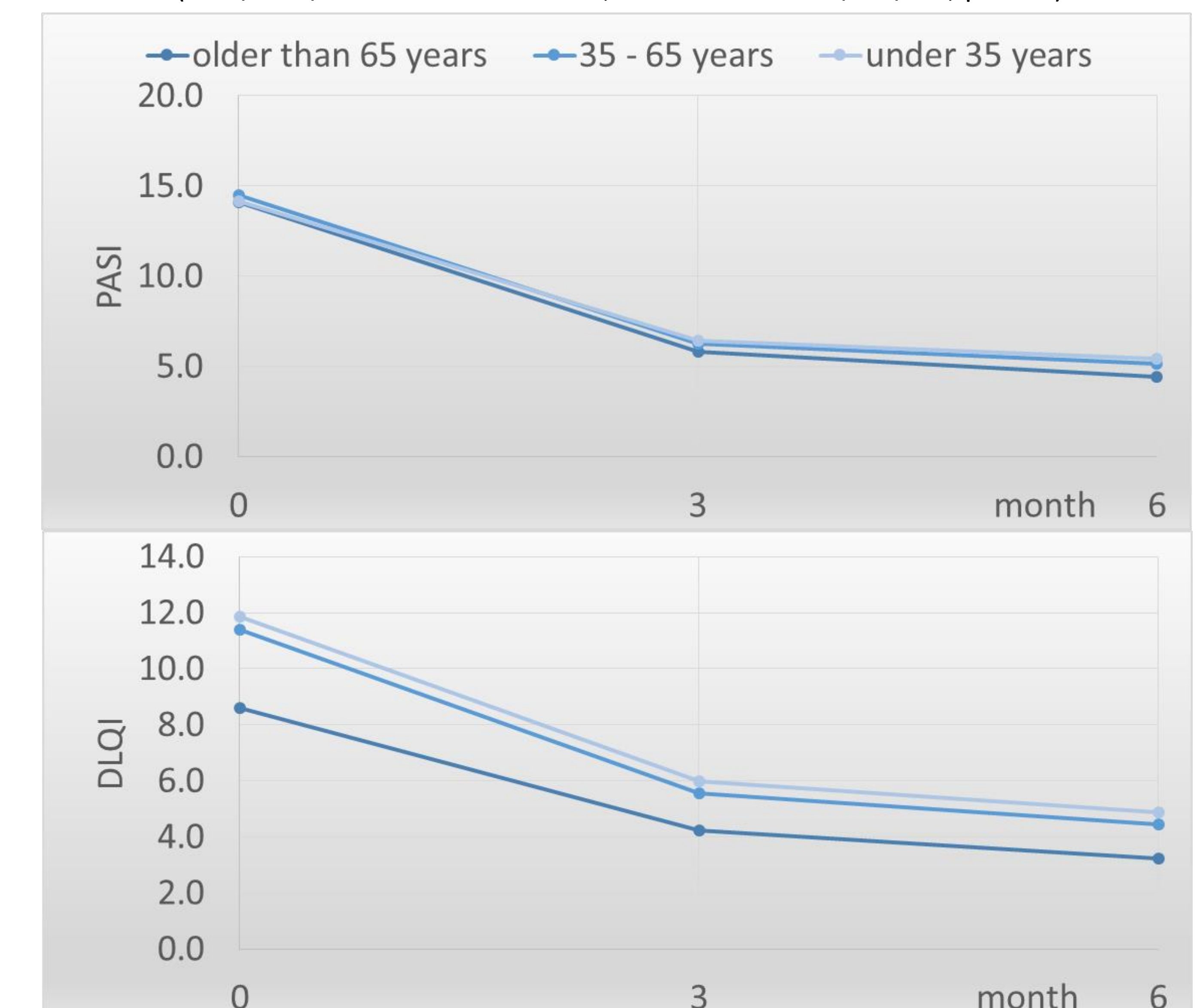


Figure 2. Clinical course in PASI and DLQI by age group. Symptoms and impairment in health related QoL decreased for all age groups. N=3615

## CONCLUSION

The results presented are derived from an ongoing long-term study. The evaluation of relative reduction in clinical parameters has to take into account differences in the baselines of subgroups. Such differences are presented for age groups.

We could show differences in burden of disease and treatment course between the age groups. Out of PsoBest, a number of analyses will focus on additional socio-demographic characteristics potentially influencing treatment preferences, needs and benefit in routine care.

### Values and ranges

PASI... Psoriasis Area and Severity Index (0-72=highest severity); BSA... Body Surface Area (0-100=maximum impairment); DLQI... Dermatological Life Quality Index (0-30= highest impairment); EQ-5D Visual Analogue scale 0-100=best health state

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