INDEX

Note: PsA stands for psoriatic arthritis. Page numbers in *italics* indicate figures. Page numbers followed by a "t" indicate tables. Clinical trials and studies are indexed under the acronym of the name.

Abatacept, 178-182
  action mechanism, 179
  approved for PsA, 159, 179
  concurrent methotrexate, 179
  dosing, 179
  efficacy and clinical trials, 161t, 179-182, *180*, *181*
  indications for, 179, 182
  safety, 182
  structure and composition, 178
Achilles tendon, 46, *48*, 69
  Achilles tendonitis, 67
  ultrasound imaging, *86*
Acitretin, 211, 219-221
  action mechanism, 219-220
  approved for psoriasis, 211
  combined with phototherapy, 220
  dosing, 212t, 220
    high-dose, 220
  efficacy, 220, 231
  indications for, *112*, 219-220, 228
  safety, 220-221
  side effects and monitoring, 213t, 220-221
ACR20 response, 80, 81t
Adalimumab (Humira), 140-144, 239-241, 244
  action mechanism, 233
  approved for PsA, 130
  approved for psoriasis, 233
  safety, 246-248, 247t
    injection site reactions, 153
  structure of, 140, 233
  in treatment of PsA, 140-144
    ADEPT trial, 140-141, *142-144*, 155
    clinical responses, 140-144, *142-145*
    with methotrexate, 141, *143*
    radiographic progression, *144*
    vs etanercept or infliximab, 154-155
  in treatment of psoriasis, 239-241, 244

Adalimumab (Humira), *continued*
clinical endpoints, 233, 234t
dosing, 234t, 240
efficacy
long-term, 243, 244
short-term, 239-241, *241*
safety, 246-248, 247t
vs methotrexate, 215, 216
Adenosine, 214
ADEPT (Adalimumab Effectiveness in Psoriatic Arthritis) trial, 140-141, *142-144*, 155
Age
psoriasis and, 27
psoriatic arthritis and, 30
Alefacept, 161t, 183
action mechanism, 231
withdrawn from US market, 161t, 183
Allergic dermatitis, *56*, 189
American College of Rheumatology (ACR)
ACR/NPF guidelines for treatment of PsA, 114-124, *116-123*
ACR20 response rate, 80, 81t
Anakinra, 161t, 182-183
Animal models, 19
Ankylosing spondylitis (AS), 22, 38, 38t, 44
ASAS classification system, 39
ASAS response criteria, 75-76, 76t
BASDAI, 75, 75t
differentiating from PsA, 38, 44
evaluation tools of use in PsA, 72-77
Anthralin, 192
combined with UVB, 203
Anti-TNF agents. See *TNF inhibitors.*
Apremilast, 94-101, 224-228
action mechanism, 94-95, *96-97*, 224
adverse events, 99-100, 100t
approved for PsA, 94, 224
approved for psoriasis, 211, 224
chemical structure of, *94*
dosage titration
for psoriasis, 99t, 225
for psoriatic arthritis (PsA), 99, 99t
efficacy
in treatment of PsA, 95-99, *98*
in treatment of psoriasis, 224-225, 226t
Apremilast, *continued*
indications for, 94, 100-101, 224, 228
safety, 99-100, 100t, 227-228
pregnancy category C, 100
side effects and monitoring, 99-100, 100t, 213t, 227-228
depression, 100, 213t, 227
suicidal ideation and behavior, 227
weight loss, 213t, 227-228
in treatment of psoriasis, 211, 224-228
dosing, 212t
efficacy, 224-225, 226t
ESTEEM 1 and 2 trials, 224-227, 226t
side effects and monitoring, 213t, 227-228
in treatment of psoriatic arthritis (PsA), 94-101
clinical trials/efficacy, 95-99
PALACE 1-3, 95-99, *98*
PALACE 4, 99
dosage titration, 99, 99t
Arthritis mutilans, 31t, 32-33, 44-46, *47*
AS. See *Ankylosing spondylitis (AS).*
ASAS (Assessment in Ankylosing Spondylitis), 39
ASAS response criteria, 75-76, 76t
ASAS 20, 76, 76t
Asymmetric oligoarthritis, 31t, 33, 41, 42, *43*
prevalence of, 41
Asymmetric sacroiliitis, *46*
Auspitz Sign, 53
Axial arthritis, 34, 41, 43-44, *46*
Axial evaluation, 72-77
ASAS response criteria, 75-76, 76t
BASDAI, 75, 75t
chest expansion measurement, 74
clinical outcome measurements, 74-76
mobility measurements, 72-74, *75*
occiput to wall test, 73-74
radiography, 83-84
Schober's test, 72-73, *75*
Axial involvement in psoriatic arthritis (PsA), 15, 31t, 34, 42, 43-44, *46*
evaluation for, 72-77
GRAPPA treatment recommendations, 109-114, *112-113*
inflammatory back pain, 38, 43-44
Axillae, psoriasis in, 60, *61*
Azathioprine, 90

Back pain, inflammatory, 38, 43-44
Bath Ankylosing Spondylitis Disease Activity Index (BASDAI), 75, 75t
Betamethasone dipropionate, 193
Biologic therapy for psoriasis, 231-267
  action mechanisms, 231-232
  agents, 234t-236t
    alefacept, 183
    anti-TNF agents, 232-248, 234t-235t
      adalimumab, 239-241, 244
      certolizumab pegol, 241-242, 244-245
      etanercept, 237-239, 243
      infliximab, 239, 243-244
    efalizumab, 231-232
    IL-17 inhibitors, 235t, 248-259
      brodalumab, 256-259
      ixekizumab, 254-256
      secukinumab, 251-254
    IL-23 inhibitors, 236t, 259-263
      guselkumab, 259-262
      tildrakizumab, 262-263
      ustekinumab, 248-251
  continuous vs intermittent use, 245-246
  efficacy, 237-246
  medications in development, 264
  strategy for development, 231
Biologic therapy for psoriatic arthritis, 127-185
  other agents, 158-185, 161t
    abatacept, 178-182
    action mechanism, 159, *160*
    alefacept, 183
    anakinra, 182-183
    efficacy and safety profiles, 161t
    FDA approval, 159, 166
    interleukin-17 inhibitors, 165-178
    ixekizumab, 173-178
    rituximab, 183
    sarilumab, 183
    secukinumab, 166-173
    tocilizumab, 183
    ustekinumab, 159-165
  recommendations/indications for, 109-115, *112-113*
  TNF inhibitors, 109-115, *112*, 127-158
    action mechanism, 127-130, *128-129*
Biopsy of skin, 63-65, *64*
Bizekizumab, 264
Bleeding (from lesions), 53
Blood pressure, cyclosporine and, 223
Body surface area (BSA) involved, 28-30
  in erythrodermic psoriasis, 59
  in PASI (Psoriasis Area and Severity Index), *78*
Bone destruction in joints, 22-23, 44-46
  prevention with TNF inhibitors, 127, *128-129*
Bone marrow edema, 84-87
Bone marrow suppression, 218
Briakinumab, 216, 251, 261
Brodalumab, 166, 178, 256-259
  action mechanism, 256
  dosing, 236t
  efficacy (AMAGINE trials), 257, *258*
  safety, 257-259
    suicide concerns, 178, 257-259
BSA. See *Body surface area (BSA) involved.*

CADMUS trial, 250
Calcipotriene, 192-193
  combination ointment with betamethasone, 193
Calcipotriol, 192-193
Calcitriol, 195
Cancer
  black box warning for tacrolimus and pimecrolimus, 195
  melanoma
    PUVA and, 206
    TNF inhibitors and, 152-153
    UVB and, 203
  skin cancer
    cyclosporine and, 213t, 222
    psoralen plus ultraviolet A (PUVA) and, 206, 222
    UVB and, 203
  TNF inhibitors and, 152-153, 246, 247t
Candida albicans/candidiasis, 60, 169, 178, 253-254, 256
Cardiovascular disease
  cyclosporine and, 213t, 223
  risk of, 223, 270
  TNF inhibitors and, 153, 246, 247t
Cartilage degradation in joints, 22-23
  TNF inhibitors, action to prevent, 127, *128-129*
CASPAR (Classification of Psoriatic Arthritis) criteria, 15, 32, 33t, 41, 67, 274

CCP (cyclic citrullinated peptide), antibodies to, 37, 77
CD4+ cells, 23, 65, *128*
CD8+ cells, 65
Certolizumab pegol (Cimzia), 148-150, 241-242
  action mechanism, 233
  approved for PsA, 130
  approved for psoriasis, 233
  efficacy
    in PsA, 148-150, *149*
    in psoriasis, 241-242, *242*, 244-245
  safety, 150, 246-248
  structure of, 148, 233
  in treatment of PsA, 148-150
    clinical responses, 148-150, *149*
    RAPID-PsA trial, 148-150, *149*
    safety, 150
  in treatment of psoriasis, 241-242, 244-245
    CIMPACT trial, 241, 242, 245
    CIMPASI-1/2 trials, 241-242, *242*, 244-245
    clinical endpoints, 233, 234t-235t
    dosing, 234t-235t
    efficacy
      long-term, 244-245
      short-term, 241-242, *242*
Chest expansion, measurement of, 74
Chest wall pain, 46, 68
CHF. See *Congestive heart failure (CHF).*
CIMPACT trial, 241, 242, 245
CIMPASI-1/2 trials, 241-242, *242*, 244-245
Cimzia. See *Certolizumab pegol (Cimzia).*
Classification. See also *Clinical presentation; Epidemiology and classification.*
  ASAS classification system, 39
  psoriasis, 28
    CASPAR criteria and, 33t, 274
    clinical appearance of lesions, 28-30, *29*, 51, *52*
  psoriatic arthritis (PsA), 31-32
    CASPAR criteria, 15, 32, 33t, 41, 274
    Moll and Wright classification, 31-32, 31t
    subgroups, 31t
Climatotherapy, 207
Clinical appearance of lesions, 28-30, *29*, 51, *52*, 76-77, *78*
  physician global assessment (PGA), 76-77
  Psoriasis Area and Severity Index (PASI), 76-77, *78*
Clinical presentation, 18, 41-66. See also *Clinical presentation of psoriasis; Clinical presentation of psoriatic arthritis.*
  cardinal signs, 18, 28, 51-52, *52*
    enthesitis, 23, 28, *46*
    erythema (redness), 18, 28, *29*, 51, *52*
    plaque elevation (induration), 18, 28, *29*, 51, *52*
    scale, 18, 28, *29*, 51, *52*
  clinical appearance of lesions, 28-30, *29*, 41-42, *52*, 76-77, *78*
  extent of body area (BSA) involved, 28-30
  of psoriasis, 51-66
  of psoriatic arthritis (PsA), 41-50
Clinical presentation of psoriasis, 51-66
  appearance of lesions, 28-30, *29*, 51-52, *52*, *64*, 76-77, *78*
  areas affected, 51
    different presentations in multiple areas, 51
    special locations, 60-63
  body surface area (BSA) involved, 28-30
  erythrodermic psoriasis, 30, 59-60, *59*
  guttate psoriasis, 53-54, *54*
  inverse psoriasis, 30
  laboratory evaluation/histopathology, 63-65, *64*
  nail changes, 34, *34-37*
  palmar-plantar psoriasis, 30, 54-57, *55*
  plaque psoriasis, 30, 51-53, *52*
    Koebner phenomenon, 52, *53*
    prevalence of, 51
    symptoms from, 52-53
  pustular psoriasis, 57-58, *57*, *58*
  special locations, 60-63
    genital psoriasis, 61-62
    inverse psoriasis, 60-61, *61*
    nail psoriasis, 62-63, *62*
  subtypes, 30, 51-60
    changes over time, 51
    environmental factors and, 51
Clinical presentation of psoriatic arthritis (PsA), 41-50
  arthritis mutilans, 31t, 32-33, 44-46, *47*
  aspects
    articular disease with synovitis, 41, 68
    axial inflammatory arthritis, 41, 43-44
    concurrent psoriasis, 41
    enthesitis, 32, 41, 46, *48*
    skin disease/history of skin disease, 37, 39, 41
  asymmetric oligoarthritis, 31t, 33, 42, *43*

Clinical presentation of psoriatic arthritis (PsA), *continued*
axial arthritis, 15, 34, 42, 43-44, *46*
dactylitis, 32-33, 33t, 34, 47-48, *49*, 71-72
DIP-predominant arthritis, 43, *45*
enthesitis, 38, 46, *48*, 67-68
eye involvement, 33, 49
features, 32-37
concurrent psoriasis not always present, 41
joint involvement, 41-42, 67-68
asymmetric oligoarthritis, 31t, 33, 42, *43*
axial involvement, 34, 42, 43-44, *46*
dactylitis, 32-33, 33t, 34, 47-48, *49*, 71-72
DIP-predominant arthritis, 43, *45*
enthesitis, 23, 32, 34, 46, *48*
erythema (redness), 33
joint counts, 68, *69*, *70*
lumbar spine involvement, 38, 83
sacroiliac arthritis/sacroiliitis, 34, *46*
sausage digits, 34, *43*, 47-48, *49*
swollen/tender joints, 33-34, 43, 68, 81t
symmetrical polyarthritis, 31t, 41, 42-43, *44*
synovitis, 33-34, 68
nail changes, 34, *34-37*, 43, *45*, 48
prognosis and, 42
SAPHO syndrome, 49-50
symmetrical polyarthritis, 31t, 41, 42-43, *44*
Clinical trials
ADEPT (adalimumab), 140-141, *142-144*, 155
AMAGINE 1, 2, 3 (brodalumab), 257, *258*
apremilast, 95-99
CADMUS (ustekinumab), 250
CIMPACT (certolizumab pegol), 241, 242, 245
CIMPASI-1/2 (certolizumab pegol), 241-242, *242*, 244-245
ERASURE (secukinumab), 252, *253*
ESTEEM 1 and 2 (apremilast), 224-227, 226t
FIXTURE (secukinumab), 252, *253*
FUTURE 1 and 2 (secukinumab), 166-168, *167*, *170-171*
FUTURE 5 (secukinumab), 169, *172*
GO-REVEAL (golimumab), 145-147, *146*
GO-VIBRANT (golimumab), 147-148
IMPACT and IMPACT 2 (infliximab), 135-137, 137t, *138-139*
METOP (methotrexate), 215
MIPA (methotrexate), 93-94, 93t
NAVIGATE (guselkumab), 261
Clinical trials, *continued*
PALACE 1-3 (apremilast), 95-99, *98*
PALACE 4 (apremilast), 99
PRESTA (etanercept), 135, 155
PSUMMIT 1 and 2 (ustekinumab), 163-165, *164*, *166*
RAPID-PsA (certolizumab pegol), 148-150, *149*
RESPOND (infliximab and methotrexate), 93, 138-139, *140*
SPIRIT-P1 and P2 (ixekizumab), 173-178, *174*, *176*, *177*
SURFACE 1/2 (tildrakizumab), 262, *263*
UNCOVER 1, 2, and 3 (ixekizumab), 254-256, *255*
VOYAGE 1/2 (guselkumab), 259-261, *260*
Coal tar, 192, 202-203
Composite Psoriatic Disease Activity Index (CPDAI), 81-82
Computed tomography (CT), 84
Congestive heart failure (CHF), TNF inhibitors and, 153, 246, 247t
Conjunctivitis, 49
Contact dermatitis, 56, *56*, 189
Coordinated management of psoriasis and psoriatic arthritis, 269-278
co-management of patient, 274-276
dermatologists, 270, 271-274, 277
4-Quadrant Model, 277-278, *277*
patient perspectives, 275-276, 278
primary care, role of, 269-270, 278
rheumatologists, 269-270, 274, 275, 277
treatment plan, 276-277, 278
Corticosteroids, 90
cautions, 90
potency and use issues, 190-191
for PsA, 90
systemic, psoriasis presentation and, 51
topical, for psoriasis, 189-191, 276
action mechanism, 189
basic points for patient success, 191
BSA and, 190
choice of agent, 190
combination ointment with vitamin D, 193
combined with salicylic acid, 189
delivery systems, implications of, 191
facial application, cautions for, 190
potency (and use) issues, 190, 195
side effects, 190
systemic side effects, 190
withdrawal from
and changes in clinical presentation of psoriasis, 51, 58
pustular psoriasis following, 58

Coxibs, 89
CPDAI (Composite Psoriatic Disease Activity Index), 81-82
Crohn's disease, 254
Cyclic AMP, apremilast and, 94-95, *96*, 224
Cyclosporine, 19, 92, 221-224
  action mechanism, 221
  approved for psoriasis, 211
  indications for, 92, 221-222, 228
    limit suggested for long-term use, 223
  safety, 222-224
    drug interactions, 222, 223-224
    limit on length of time used, 223
    pregnancy and, 224
  side effects and monitoring, 213t, 222-224
    cardiovascular toxicity, 213t, 223
    lab abnormalities, 213t
    renal toxicity, 213t, 222-223
    skin cancer risk, 213t, 222
  in treatment of PsA, 92
    in combination with adalimumab, 155
  in treatment of psoriasis, 211, 221-224
    dosing, 212t
    efficacy, 222
    indications, 221-222
    for pustular psoriasis, 58
    side effects and monitoring, 213t, 222-224
  vs methotrexate, 215
Cytokines, 14, 19-20, *21*, 22, 127, 232. See also *Interleukins (ILs).*
  production (and targeting) of, *160*, 232
  signaling pathways, *128-129*
Cytopenia
  methotrexate and, 217-218
  TNF inhibitors and, 153

Dactylitis, 32-33, 33t, 34, 42, *43*, 47-48, *49*
  clinical presentation, 47-48, *49*
  examination for, 71-72
  GRAPPA treatment recommendations, *112-113*, 114
  Leeds Dactylitis Index (LDI), 71
  sausage digits, 34, 42, *43*, 47-48, *49*
  in spondyloarthropathies, 32
Dandruff, 67
DAPSA (Disease Activity in Psoriatic Arthritis) scale, 81
DAREA (Disease Activity in Reactive Arthritis) scale, 81
Dead Sea phototherapy, 199, 207
Degenerative arthritis, 38
Demyelinating disease, TNF inhibitors and, 153, 246, 247t
Dendritic cells, 19, 20, *21*, *160*, 214
Depression, apremilast and, 100, 227
Dermatologists, 270, 277
  identification of PsA by, 271-274
Dermis, *64*, 65
  thinning of, 190
Desquamation, in PASI (Psoriasis Area and Severity Index), *78*
Diagnosis and evaluation of psoriatic arthritis (PsA), 67-88
  axial evaluation, 72-77
    ASAS response criteria, 75-76, 76t
    BASDAI, 75, 75t
    chest expansion measurement, 74
    clinical outcome measurements, 74-76
    mobility measurements, 72-74, *75*
    radiographic evaluation, radiographic changes, 83-84
    Schober's test, 72-73, *75*
  CASPAR criteria and, 32, 33t, 41, 67, 274
  clinical appearance of lesions, 76-77, *78*
    physician global assessment (PGA), 76-77
    Psoriasis Area and Severity Index (PASI), 76-77, *78*
  composite disease activity scores, 80-82
    ACR20 response rate, 80, 81t
    DAPSA (Disease Activity in Psoriatic Arthritis) scale, 81
    DAREA (Disease Activity in Reactive Arthritis) scale, 81
    minimal disease activity (MDA), 82
    PASDAS and CPDAI, 81-82
    Psoriatic Arthritis Response Criteria (PsARC), 80, 80t
    RAPID3, 82
  dactylitis exam, 71-72
  differential diagnosis, 37-39, 38t
    ankylosing spondylitis, 38t, 39
    arthritis associated with IBD, 38, 38t
    degenerative arthritis, 38
    gout, 38t
    osteoarthritis, 37-38, 38t
    reactive arthritis, 38-39, 38t
    rheumatoid arthritis (RA), 38
  entheseal exam, 69-71, *71*, *72*
  history, 67-68
  joint counts, 68, *69*, *70*
  joint exam, 68, *69*, *70*
  joint symptoms, timing in relation to skin disease, 71

Diagnosis and evaluation of psoriatic arthritis (PsA), *continued*
laboratory testing, 37, 63-65, *64*, 77-80
nail changes, 48, 77, 79t
other imaging modalities, 84-87
computed tomography (CT), 84
MRI, 84-85
ultrasound, 84, *86*
radiographic evaluation, 82-84
axial radiographic changes, 83-84
joint space narrowing, 82, *84*, *85*
"pencil-in-cup" deformity, 82, *84*
periostitis and distal tuft resorption, 82, *83*
Sharp radiographic scoring system, 83, *85*
screening questionnaires, 271-274, 272t
settings for
co-management of patient, 274-276
in dermatology office, 271-274
primary care physicians, 269-270, 278
Diagnosis of psoriasis, 67. See also *Clinical presentation of psoriasis.*
primary care, role of, 269-270, 278
in rheumatology office, 274
Diffuse idiopathic skeletal hyperostosis (DISH), 38, 221
DIP (distal interphalangeal) joints, 42-43, *43*, *45*, 82
in 66/68-joint count, 68, *70*
arthritis types in, 42-43, *43*, *44*, *45*
diagnosis and, 38
DIP-predominant arthritis, 43, *45*
extensor tendon and nail root, histology sections, *36-37*
in Moll and Wright classification, 31-32, 31t, 42
MRI, in patient with PsA, *35*
nail abnormalities and, 34, *34-37*, 43, *45*
osteoarthritis of, 37
Disease activity measures, 80-82
ACR20 response rate, 80, 81t
DAPSA (Disease Activity in Psoriatic Arthritis) scale, 81
DAREA (Disease Activity in Reactive Arthritis) scale, 81
PASI (Psoriasis Area and Severity Index), 77, *78*
DISH (diffuse idiopathic skeletal hyperostosis), 38, 221
Distal interphalangeal joints. See *DIP (distal interphalangeal) joints.*
Distal tuft resorption, 82, *83*
DMARDs (disease-modifying antirheumatic drugs), 90-91.
See also *Oral systemic therapy.*
early use not always needed in PsA, 89
indications in PsA, 90, 109, *112*, 154
terminology ("disease modifying" not appropriate), 211-213

Edema
bone marrow, 84-87
in erythrodermic psoriasis, 59-60
Efalizumab, 231-232
Emollients, 188-189, 202
adverse effects of, 189
Enbrel. See *Etanercept.*
Entheseal exam, 69-71, *71*, *72*
Leeds Enthesitis Index (LEI), 70-71, *74*
Maastricht Ankylosing Spondylitis Entheses Score (MASES), 69-70, *72*
Mander Enthesis Index (MEI), 69-70, *71*
Spondyloarthritis Research Consortium of Canada Enthesitis Index (SPARCC), 70, *73*
Enthesitis, 23, 32, 34, 38, 46, *48*, 67-68
common locations, 46, 69
examining for, 69-71, *71*, *72*
GRAPPA treatment recommendations, *112-113*, 114
Environmental factors, 20, *21*
clinical presentation and, 51
infections, 20, 23
in pathogenesis, 20, *21*, 23
Epicondyles, 69, 71
Epidemiology and classification, 27-40
psoriasis, 27-30
CASPAR criteria and, 33t
classification, 28
clinical appearance of lesions, 28-30, *29*, 51-52, *52*, *64*
as lifelong, chronic disease, 27
mild, moderate, and severe, 28, *29*
psoriatic arthritis (PsA), 30-39
CASPAR criteria, 15, 32, 33t, 41
changes over time, 31
classification, 31-32, 31t, 33t
differential diagnosis, 37-39, 38t
features, 32-37
laboratory findings, 37
Moll and Wright classification, 31-32, 31t
nail changes, 34, *34-37*
prevalence, 30-31
skin disease and, 37, 39
subgroups, 31t
Epidermis, *64*, 65
thinning of, 190
ERASURE trial, 252, *253*

Erythema, 18, 28, *29*, *43*, 51, *52*
in PASI (Psoriasis Area and Severity Index), *78*
Erythroderma, 59
Erythrodermic psoriasis, 30, 59-60, *59*
BSA in, 59
ESTEEM 1 and 2 trials, 224-227, 226t
Etanercept (Enbrel), 130-135, 237-239
action mechanism, 130, 233
approved for PsA, 130, 133
approved for psoriasis, 233
in combination with methotrexate, 131, 135
safety, 246-248
injection site reactions, 153
structure of, 130, 233
in treatment of PsA, 130-135
dosage, 133-135
efficacy, 130-135, *132-134*
with methotrexate, 135
PRESTA trial, 135, 155
SEAM-PsA trial, 135
vs infliximab or adalimumab, 154-155
in treatment of psoriasis, 237-239, 243
clinical endpoints, 23, 233, 234t
dosing, 234t, 237-238
high-dose, 238, 243
step-down dosing, 239
efficacy, 232, 237-239
long-term, 243
short-term, 237-239, *238*
Etiology. See also *Epidemiology and classification.*
multifactorial, 13
pathways involved with associated genes, 16t-17t
Etretinate, 90, 92, 211
PUVA treatment and, 220
Excimer laser, 204
Eye
eye disease, inflammatory, 33, 49
phototherapy, ocular side effects, 206
topical corticosteroids, ocular side effects, 190

Facial psoriasis, 194-195
topical corticosteroids, cautions for use, 190
topical macrolides for, 194-195
Family history, 13, 14-15, 27, 33t, 67
Feet
plantar psoriasis, 54-57, *55*
radiographs, 82
sausage digits, *49*
tendinitis, *48*
Fever, in erythrodermic psoriasis, 59
Fitzpatrick skin type, 200
FIXTURE trial, 252, *253*
Folic acid, methotrexate and, 214, 216-217, 218
4-Quadrant Model, 277-278, *277*
Fumaric acid esters, *112*, 211
Fungal infections, 60-61
FUTURE 1 and 2 trials, 166-168, *167*, *170-171*
FUTURE 5 trial, 169, *172*

Gender
psoriasis and, 27
psoriatic arthritis and, 30, 33
spondyloarthropathies and, 33
Genes associated with psoriasis and PsA, 14, 16t-17t, *18*
CARD 14, 14
prognosis and, 15
PSORS 1 and 2, 14
Genetics, 13-25
candidate genes, 14, 15, 16t-17t
familial inheritance, 13, 14-15
HLA loci, 15, *18*
of psoriasis, 13-14, 16t-17t, *18*
of psoriatic arthritis (PsA), 13, 14-15, *18*
twin studies, 13
Genital psoriasis, 61-62
GO-REVEAL (Golimumab in Psoriatic Arthritis) trial, 145-147, *146*
GO-VIBRANT study, 147-148
Goeckerman therapy (UVB and tar), 203
Gold salts, 90
Golimumab (Simponi), 145-148
approved for PsA, 130, 145
clinical responses, 145-147, *146*
dactylitis responses, 147
GO-REVEAL trial, 145-147, *146*
GO-VIBRANT study, 147-148
Gout, 38t, 270
GRAPPA (Group for the Assessment of Psoriasis and Psoriatic Arthritis), 81, 109-114, 276-277

GRAPPA (Group for the Assessment of Psoriasis and Psoriatic Arthritis), *continued*
composite disease activity measurement, 81-82
treatment guidelines for categories of psoriatic disease, 276-277
treatment recommendations for PsA, 109-114, *112-113*, 154, 276-277
Groin, psoriasis in, 60
Guselkumab, 259-262
approved for psoriasis, 259
dosing, 236t
efficacy, 259-261, *260*
NAVIGATE trial, 261
VOYAGE 1/2 trials, 259-261, *260*
safety, 261-262
Guttate psoriasis, 53-54, *54*
progression to plaque psoriasis, 54

Hands. See also *DIP (distal interphalangeal) joints; Nail changes.*
arthritis mutilans and, 32-33, 44-46, *47*
oligoarthritis in, 42, *43*
palmar psoriasis, 54-57, *55*
polyarthritis in, 42-43, *44*
radiographs, 82
sausage digits, 34, 42, *43*, 47-48
telescoping of digits, 44-46, *47*
Hematologic toxicity, methotrexate and, 213t, 217-218
Hepatic toxicity. See *Liver toxicity.*
Hepatitis B, TNF inhibitors and, 152
Herpes zoster, TNF inhibitors and, 152
History, 67-68
family history, 13, 14-15, 27, 33t, 67
medical, 67-68
HIV (human immunodeficiency virus) infection, 23
HLA loci, 15, *18*
HLA-B27 positivity, 15, 49, 79-80
Humira. See *Adalimumab.*
Hydrochloroquine, 90

IL. See *Interleukins (ILs)* .
Imaging, 82-87
MRI, 84-85
other modalities, 84-87
radiography, 82-84
ultrasound, 84, *86*
Immune activity in psoriasis and psoriatic arthritis, 14, 18-22
Immunity, *160*
IMPACT and IMPACT 2 trials, 135-137, 137t, *138-139*
Induration, 28, *29*, 51, *52*
in PASI (Psoriasis Area and Severity Index), *78*
Infections, 23, 54
abatacept and, 182
adalimumab and, 247t
candidal, 169, 178, 253-254, 256
guselkumab and, 261
guttate psoriasis and, 54, *54*
ixekizumab and, 175, 178, 256
opportunistic, 151, 247t
pustular psoriasis and, 58
reactive arthritis and, 38-39
secukinumab and, 169, 253-254
streptococcal, 54, *54*
TNF inhibitors and, 151, 246-248, 247t
tuberculosis, 151-152, 247t
unusual, 151
ustekinumab and, 165
Inflammation, 33-34
genes and, 14
inflammatory cells in plaques, 18
Inflammatory bowel disease (IBD), 32, 38
arthritis associated with, 32, 38, 38t
cautions for NSAIDs with, 89
ixekizumab and, 256
secukinumab and, 254
Infliximab (Remicade), 135-139, 239, 243-244
action mechanism, 233
approved for PsA, 130, 135
approved for psoriasis, 233
in combination with methotrexate, 138-139, *140*, 244
safety, 246-248
anti-infliximab antibodies, 244
infections, 151
in treatment of PsA, 135-139
in combination with methotrexate (RESPOND trial), 138-139, *140*
dactylitis and enthesitis responses, 137, *139*
IMPACT and IMPACT 2 trials, 135-137, 137t, *138-139*
with methotrexate (in RESPOND trial), 93, 138-139, *140*
radiographic progression, *138*
vs etanercept or adalimumab, 154-155
in treatment of psoriasis, 234t, 239, 243-244

Infliximab (Remicade), *continued*
clinical endpoints, 233, 234t
dosing, 234t, 239
efficacy, 232, 239, 243-244
long-term, 243-244
short-term, 239, *240*
vs methotrexate, 215
Ingram therapy (UVB and anthralin), 203
Injection site reactions
anakinra and, 183
TNF inhibitors and, 153
Interferon, *160*
interferon α (IFN-α), 20
interferon γ (IFN-γ), 19, *21*, *128*, *160*
Interleukins (ILs), 19-20, *21*, *160*
effects on keratinocytes, 20
IL-1, 127, *128*
receptor, anakinra and, 182
IL-4, *160*
IL-5, *160*
IL-6, 22, 127, *128*
antibody to (sarilumab), 183
receptor, antibody to (tocilizumab), 183
IL-10, *128*
IL-12, 14, *128*, *160*, 248
antibody to (ustekinumab), 159, 248
inhibitors of, 20, 159
IL-13, *160*
IL-17, 19-20, *21*, 159, *160*, 232
antibodies to, 161t, 166, 173
brodalumab (IL-17A receptor), 166, 178, 256
ixekizumab, 173, 254
secukinumab, 166-173, 251-254
IL-17 pathway, 19-20, 22, 165, 178
anti-TNF therapy and, 232
guselkumab and, 259
IL-17A, 17F, *160*, 166
inhibitors of, 165-178, 232, 235t, 251-259
brodalumab, 256-259
ixekizumab, 22, 173, 254
secukinumab, 22, 166-173, 251-254
IL-20, 19-20, *21*, 232
IL-22, 19-20, *21*, *160*, 232
IL-23, 19-20, *21*, 159, *160*, 232
Interleukins (ILs), *continued*
inhibitors of, 20, 159, 236t, 259-263
guselkumab, 259-262
tildrakizumab, 262-263
ustekinumab, 159, 248-251
in pathogenesis of psoriasis, 19-20, *21*
as treatment targets, *160*
Inverse psoriasis, 30, 60-61, *61*, 194-195
topical corticosteroids for, 190
potency of agent, 190
topical macrolides (tacrolimus and pimecrolimus) for, 194-195
vitamin A and D agents for, 193
Itching, 52, 187
Ixekizumab, 173-178, 254-256
action mechanism, 22, 166, 254
adverse events, 175, 256
infections, 175, 178, 256
approved for plaque psoriasis, 254
approved for PsA, 159, 166
clinical endpoints, 235t
clinical trials
SPIRIT-P1 and P2, 173-178, *174*, *176*, *177*
UNCOVER 1, 2, and 3, 254-256, *255*
dosing, 235t, 254-256
efficacy
for PsA, 173-178
for psoriasis, 254-256, *255*
safety, 178, 256
in treatment of PsA, 173-178
in treatment of psoriasis, 235t, 254-256

JAX family of tyrosine kinases, 101
inhibitor of (tofacitinib), 101-109, *102*
Joint counts, 68, *69*, *70*
28-joint count, 68, *69*
66/68-joint count, 68, *70*
Joint exam, 68, *69*, *70*
Joint involvement in PsA, 41-42, 68, 275. See also *specific joints.*
arthritis mutilans, 31t, 32-33, 44-46, *47*
asymmetric oligoarthritis, 31t, 33, 42, *43*
axial involvement, 15, 34, 42, 43-44, *46*
dactylitis, 32-33, 33t, 34, *43*, 47-48, *49*, 71-72
enthesitis, 23, 32, 34, 46, *48*, 67-68
genetics and, 14-15
joint counts, 68, *69*, *70*

Joint involvement in PsA, *continued*
joints affected, 31t
lower extremity involvement, 33, 68
Moll and Wright classification, 31-32, 31t, 41-42
progressive changes, 82-84, *84*
sausage digits, 34, 42, *43*, 47-48, *49*
swollen/tender joints, 33-34, 43, 68, *69*, *70*, 81t
symmetrical polyarthritis, 31t, 41, 42-43, *44*
synovitis, 33-34, 68
Joints
bone and cartilage destruction, 22-23
clinical presentation in psoriatic arthritis, 31t, 41-42
joint disease in psoriasis, 14
joint exam/numbers of joints affected, 68, *69*, *70*
joint space narrowing, 82, *84*, *85*
joint symptoms, timing in relation to skin disease, 71

Keratinocytes
abnormalities/changes in psoriasis and PsA, 15-20, 65
acitretin and, 219
genes associated with growth and function, 14
hyperkeratosis, 65
methotrexate and, 214
Keratolytic agents, 189
Koebner phenomenon, 52, *53*, 189

Laboratory testing/evaluation
abnormalities with TNF inhibitors, 153
in psoriasis, 63-65, *64*
in psoriatic arthritis (PsA), 37, 77-80
Lactic acid, 189
Laser phototherapy, 204
Leeds Dactylitis Index (LDI), 71
Leeds Enthesitis Index (LEI), 70-71, *74*
Leflunomide, 92, *112*
Ligament involvement. See *Enthesitis*.
Liver biopsy, 217
Liver toxicity
acitretin and, 213t, 221
methotrexate and, 213t, 217, 219t
risk factors for, 218t
non-alcoholic steatohepatitis (NASH) and, 217
Lower extremity involvement, 33, 68
Lumbar spine involvement, 38, 83

Lupus-like syndrome, 246, 247t
Lymphoma, TNF inhibitors and, 152-153, 247t

Maastricht Ankylosing Spondylitis Entheses Score (MASES), 69-70, *72*
Macrolides, topical (tacrolimus and pimecrolimus), 194-195
Macrophages, 20, 22, *128*
activated, 127, *128*
Major adverse cardiac events (MACE), 251
Major histocompatibility complex (MHC), *18*
MHC class I related genes (MICA), 15, *18*
MHC class II genes, 15
MHC I region, 14, 15, *18*
chromosomal locations of genes associated with psoriasis and PsA, *18*
Management. See *Therapies*.
Mander Enthesis Index (MEI), 69-70, *71*
MASES (Maastricht Ankylosing Spondylitis Entheses Score), 69-70, *72*
MCP (metacarpophalangeal) joints, *44*
in Moll and Wright classification, 31t
Melanoma, 152-153, 203, 206
Methotrexate, 90, 92-94, 214-219
action mechanisms, 214
anti-inflammatory effects, 214
approved for psoriasis, 211, 214
in combination
with abatacept, 179
with infliximab, 138-139, *140*, 244
with TNF inhibitors, 94, 135, 141, 155, 244
with ustekinumab, 161
dosing
for psoriasis, 212t
for psoriatic arthritis, 94
efficacy in psoriasis, 214-216
if no early response, move to other therapies, 216
folic acid and, 214, 216-217, 218
indications for, 214-215, 228, 277
METOP trial, 215
safety concerns, 213t, 216-219
hematologic toxicity, 213t, 217-218
liver (hepatic) toxicity, 213t, 217
liver biopsies, 217
monitoring for, 213t, 217, 219t
risk factors for, 218t
monitoring for, 213t, 219t
pulmonary toxicity, 213t, 218-219
renal function, 213t, 216

Methotrexate, *continued*
side effects and monitoring, 213t, 216-219, 219t
in treatment of psoriasis, 211, 214-219
dosing, 212t
efficacy, 214-216
safety, 216-217
side effects and monitoring, 213t, 216-219, 219t
vs adalimumab, 215, 216
vs briakinumab, 216
vs cyclosporine, 215
vs infliximab, 215
in treatment of psoriatic arthritis (PsA), 90, 92-94, *112*, 138-139
with adalimumab, 141, *143*
dosing, 94
with etanercept, 131, 135
with infliximab, 93, 138-139, *140*
MIPA trial, 93-94, 93t
RESPOND trial, 93, 138-139, *140*
METOP trial, 215
MHC. See *Major histocompatibility complex.*
MICA (MHC class I related genes), 15
Minimal disease activity (MDA), 82
MIPA (Methotrexate in Psoriatic Arthritis) trial, 93-94, 93t
Mobility measures, 72-74
Modified Stoke Ankylosing Spondylitis Spinal Score (mSASSS), 83-84
Moisturizers (emollients), 188-189, 202
Moll and Wright classification, 31-32, 31t, 41-42
Morning stiffness, 38, 44, 68, 75t
MRI imaging, 84-85
MSASSS (modified Stoke Ankylosing Spondylitis Spinal Score), 83-84
MTP (metatarsophalangeal) joint involvement, 42
Multiple sclerosis (MS), TNF inhibitors and, 153

Nail(s)
examination of, 48
normal structure and function, *34*
Nail changes, 77
in medical history, 67
Nail Psoriasis Severity Index (NAPSI), 77, 79t
oil drop spots, 48, 63
onycholysis (detachment of the nail), *45*, 48, 63
pitting, *45*, 48, 274
in PsA, 34, *34-37*, 43, *45*, 48, 77
extensor tendon and nail root, *36-37*
grading of, 79t
Nail changes, *continued*
GRAPPA treatment recommendations, *112-113*, 114
prevalence of, 34, 62
in psoriasis, 62-63, *62*
prevalence of, 62
Nail psoriasis, 62-63, *62*
nail matrix, 62, *62*
oil drop spots, 63
treatment for, 63, 225
NAPSI (Nail Psoriasis Severity Index), 77, 79t
National Psoriasis Foundation (NPF), guidelines for treatment of PsA, 114-124, *116-123*
NAVIGATE trial, 261
Neutrophils, 22, 65, 220
Non-alcoholic steatohepatitis (NASH), 217
Nonbiologic therapy (for PsA), 89-125
apremilast, 94-101
action mechanism, 94-95, *96-97*
approval for PsA, 94
clinical trials, 95-99, *98*
corticosteroids, 90
cyclosporine, 92
DMARDs (disease-modifying antirheumatic drugs), 90-91
azathioprine, 90
etretinate, 90, 92
methotrexate, 92-94
sulfasalazine, 90, 91, *91*
leflunomide, 92
methotrexate, 92-94
NSAIDs (nonsteroidal anti-inflammatory drugs), 89
physical therapy, 89, 109
tofacitinib, 101-109
treatment guidance, 109-124, *112-113*, *116-123*
Nonsteroidal anti-inflammatory drugs. See *NSAIDs.*
NSAIDs (nonsteroidal anti-inflammatory drugs), 89, *112*, 154, 277
as first-line therapy, 89, 109, *112*

Occiput to wall test, 73-74
OMERACT (Outcomes Measures in Rheumatology), 81-82
OPAL Beyond study, 101-103, *106-107*, 108t
OPAL Broaden study, 101-103, *104-105*, 108t
safety events, 103, 110t-111t
Oral systemic therapy for psoriasis, 211-230
agents approved for psoriasis, 211, 212t
acitretin, 219-221

Oral systemic therapy for psoriasis, *continued*
apremilast, 224-228
cyclosporine, 221-224
methotrexate, 214-219
as "disease-modifying drugs," terminology not appropriate, 211-213
efficacy, generally, 211-214, 228, 231
indications for, 211, 228
side effects and monitoring, 213t, 231. See also *specific agents.*
Osteitis, 23
Osteoarthritis (OA), 43, 82
Osteomyelitis, 50

Pain
of palmar-plantar psoriasis, 56-57
of plaque psoriasis, 52-53
topical therapy for, 187
PALACE trials, 95-99, *98*
Palmar-plantar psoriasis, 30, 54-57, *55*
impact on patients, 54-55, 56-57
Pancytopenia, 217-218
PASDAS (Psoriatic Arthritis Disease Activity Score), 81-82
PASE (Psoriatic Arthritis Screening and Evaluation), 272t, 273-274
PASI (Psoriasis Area and Severity Index), 76-77, *78*
improvement scores (PASI 75, PASI 90, etc.), 77
Pathogenesis, 13, 15-23
environmental factors in, 20, *21*, 23
IL-17 pathway and, 19-20, 22, 165, 178
immune activity and, 18-22
infections and, 23, 54, 60-61
most recent view of, 19-20, *21*
multiple factors influencing, 13
of psoriasis, 15-20, *21*
histopathology, 63-65, *64*
keratinocyte abnormalities, 15-20
of psoriatic arthritis (PsA), 20-23
skin disease and, 22, 37, 39
signal transduction and, 16t-17t, 19
STAT-3 in, 19, 20, *21*
trauma and, 23, 51, 52
Patients
co-management of PsA and psoriasis, 274-276
patient perspectives, 275-276, 278
treatment plan, development of, 276-277, 278
PDE4 inhibitor (apremilast), 94-101, 224-228. See also *Apremilast.*
Pediatric psoriasis, 246
"Pencil-in-cup" deformity, 82, *84*
Periostitis, 82, *83*
PEST (Psoriasis Epidemiology Screening Tool), 271-273, 272t, 273t
Phosphodiesterase inhibitors. See *Apremilast.*
Phototherapy, 199-209
climatotherapy, 207
Dead Sea salts and phototherapy, 199, 207
dosage and frequency, 200, 201t, 202t
efficacy of, 200-202
Fitzpatrick skin type and, 200
indications for, *112*, 200t
protocols for treatment, 200, 201t, 202t
psoralen plus ultraviolet A (PUVA) therapy, 204-207
action mechanism, 205
efficacy, 205
indications for, 206-207
number of treatments, 206
side effects, 205-206
safety issues, 203-204
laser treatment, 204
ocular side effects, 206
photoaging of skin, 206
skin cancers, 203, 206, 222
from the sun, 199, 207
ultraviolet A, 199
ultraviolet B therapy (UVB), 199-204
action mechanism, 199-200
combined with topical or systemic treatment, 199, 202-203, 220
efficacy of, 200-201, 231
Goeckerman therapy (UVB and tar), 203
Ingram therapy (UVB and anthralin), 203
long-term maintenance therapy, 203-204
narrowband (NB-UVB), 200, 201t, 207
protocol and dosing for, 201t
safety issues, 203-204, 204
targeted phototherapy (excimer laser), 204
wavelengths, 199, 204
Physical therapy, 89, 109
Physician global assessment (PGA), 76-77
Pimecrolimus, 194-195
PIP (proximal interphalangeal) joints, 42, *43*
in Moll and Wright classification, 31t, 42
Plantar fasciitis, 69

Plantar psoriasis, 54-57, *55*
Plaque psoriasis, 30, 51-53, *52*
apremilast for, 224, 225, 226t
course and prognosis, 51
ixekizumab for, 254
prevalence of, 51
small plaque psoriasis, 53-54
symptoms, 52-53
TNF-inhibitors for, 233
ustekinumab for, 248
Plaques, psoriatic, 18, 28-30, *29*, 51-53, *52*
elevation of, 28, *29*, 51-52
size of, 28
Poutrier's microabscesses, 65
Pregnancy cautions
acitretin, 221
apremilast, 100
cyclosporine, 224
leflunomide, 92
retinoids, 194
secukinumab, 169-173
TNF inhibitors, 153-154
Presentation. See *Clinical presentation.*
PRESTA (Psoriasis Randomized Etanercept Study in Subjects With Psoriatic Arthritis) trial, 135, 155
Prevalence of psoriatic arthritis (PsA), 30-31
Primary care, role of, 269-270, 278
Pruritis, 52
Psoralen plus ultraviolet A (PUVA) therapy, 205-207
Psoriasis. See also *Psoriatic arthritis (PsA).*
age and, 27
animal models, 19
chronic nature of, 51-53
clinical presentation, 14-18, 51-66
clinical signs: scale, plaque elevation, redness, 18, 28, *29*, 51-52, *52*
coordinated management of psoriasis and PsA, 269-278
diagnosis of, 67
primary care, role of, 269-270, 278
in rheumatology office, 274
distinctions from psoriatic arthritis (PsA), 27, 30
epidemiology and classification, 27-30
gender and, 27
genes associated with, 14, 16t-17t
genetics of, 13-14, 16t-17t
historical evidence of, 27
impact of disease, 56-57
joint disease in, 14. See also *Psoriatic arthritis (PsA).*
as lifelong and chronic disease, 27
pathogenesis of, 15-20, *21*
keratinocyte abnormalities, 15-20
pediatric psoriasis, 246
primary care, role of, 269-270, 278
race/ethnicity and, 27-28
subtypes of, 30, 51-60
changes over time, 51
therapies, 187-197. See also *specific therapies.*
biologic therapy, 231-267, 234t-236t
alefacept, 183
anti-TNF agents, 232-248, 234t-235t
adalimumab, 239-241, 244
certolizumab pegol, 241-242, 244-245
etanercept, 237-239, 243
infliximab, 239, 243-244
IL-17 inhibitors, 235t, 248-259
brodalumab, 256-259
ixekizumab, 254-256
secukinumab, 251-254
IL-23 inhibitors, 236t, 259-263
guselkumab, 259-262
tildrakizumab, 262-263
ustekinumab, 248-251
coordinated management of psoriasis and PsA, 269-278
oral systemic therapy, 211-230, 212t
acitretin, 219-221
apremilast, 224-228
cyclosporine, 221-224
methotrexate, 214-219
phototherapy, 199-209
topical therapy, 187-197
Psoriasis Area and Severity Index (PASI), 77, *78*
Psoriasis Epidemiology Screening Tool (PEST), 271-273, 272t, 273t
Psoriatic Arthritis Disease Activity Score (PASDAS), 81-82
Psoriatic arthritis (PsA). See also *Psoriasis.*
age and, 30
CASPAR criteria, 15, 32, 33t, 41, 67
clinical presentation, 41-50
axial arthritis, 43-44, *46*
changes over time, 31
concurrent psoriasis not always present, 41

Psoriatic arthritis (PsA), *continued*
peripheral vs axial arthritis, 15, 34
coordinated management of psoriasis and PsA, 269-278
diagnosis and evaluation, 67-88
differential diagnosis, 37-39, 38t
identifying in the dermatology office, 271-274
primary care, role of, 269-270, 278
screening questionnaires, 271-274, 272t
epidemiology and classification, 30-39, 31t, 33t
features of, 32-37
gender and, 30, 33
genetics of, 13, 14-15, *18*
genes and loci associated with, 15, *18*
pathogenesis of, 20-23
peripheral vs axial arthritis, 15, 34
prevalence of, 30-31
primary care, role of, 269-270, 278
subgroups, 31t
therapies, 89-185
coordinated management of psoriasis and PsA, 269-278
nonbiologic therapy, 89-125, *112-113*
apremilast, 94-101
corticosteroids, 90
cyclosporine, 92
DMARDs, 90-91
leflunomide, 92
methotrexate, 92-94
NSAIDs, 89
physical therapy, 89, 109
tofacitinib, 101-109
other biologic therapy, 158-185, 161t
abatacept, 178-182
alefacept, 183
anakinra, 182-183
brodalumab, 178
interleukin-17 inhibitors, 165-178
ixekizumab, 173-178
rituximab, 183
sarilumab, 183
secukinumab, 166-173
tocilizumab, 183
ustekinumab, 159-165
TNF inhibitor therapy, 127-158. See also *TNF inhibitors.*
vs rheumatoid arthritis (RA), 22, 33-34, 37, 38
Psoriatic Arthritis Response Criteria (PsARC), 80, 80t
Psoriatic Arthritis Screening and Evaluation (PASE), 272t, 273-274
PSUMMIT 1 and 2 trials, 163-165, *164*, *166*
Pulmonary toxicity, methotrexate and, 213t, 218-219
Pustular psoriasis, 57-58, *57*, *58*
treatment, 58
of von Zumbusch, 57-58, *57*
Pustules, in palmar-plantar psoriasis, *55*, 56
PUVA therapy, 205-207. See also *Ultraviolet light therapy*
PY-STAT3, 19

Race/ethnicity, 27-28
Radiographic evaluation, 82-84
axial radiographic changes, 83-84
distal tuft resorption, 82, *83*
joint space narrowing, 82, *84*, *85*
"pencil-in-cup" deformity, 82, *84*
periostitis, 82, *83*
Sharp radiographic scoring system, 83, *85*
RANKL (receptor activator of nuclear factor κB ligand), 22-23
RAPID-PsA trial, 148-150, *149*
RAPID3 (Routine Assessment of Patient Index Data 3), 82
Reactive arthritis, 32, 38-39, 38t
DAREA scale for, 81
Remicade. See *Infliximab (Remicade).*
Renal function
apremilast and, 100
cyclosporine and, 222-223
methotrexate and, 213t, 216
RESPOND (Remicade Study in Psoriatic Arthritis Patients of Methotrexate-Naïve Disease) trial, 93, 138-139, *140*
Retinoids, 114, 194
acitretin, 219-221
for acne, 195
Rheumatoid arthritis (RA)
differential diagnosis, 38
early aggressive therapy for, 89
therapies also used in psoriatic arthritis, 89-94
vs psoriatic arthritis, 22, 33-34, 37, 38, 82
Rheumatoid factor (RF), 37, 77, *128*
false positives, 37
negative in CASPAR criteria, 33t, 37, 77
negative in psoriatic arthritis, 31t, 33t, 37, 77
negative in symmetric polyarthritis, 31t
positive possible in psoriatic arthritis, 77

Rheumatologists, 269-270, 275, 277
identifying psoriasis in rheumatology office, 274
Risankizumab, 264
Rituximab, 161t, 183
Routine Assessment of Patient Index Data 3 (RAPID3), 82

Sacroiliac arthritis, 34
Sacroiliitis, 34, *46*, 83
MRI of, 84
unilateral, 83
Salicylic acid, 189
SAPHO syndrome, 32, 49-50
Sarilumab, 183
Sausage digits, 34, 42, *43*, 47-48. See also *Enthesitis.*
in toes, *49*
Scale/scaling, 18, 28, *29*, 51, *52*, 65
topical therapy and, 187
Scalp psoriasis, 67, 274
treatments, 189, 225
Schober's test, 72-73, *75*
Screening tools for PsA, 271-274, 272t
Psoriasis Epidemiology Screening Tool (PEST), 271-273, 272t, 273t
Psoriatic Arthritis Screening and Evaluation (PASE), 272t, 273-274
Toronto Psoriatic Arthritis Screening (ToPAS), 271, 272t
Secukinumab, 166-173, 251-254
action mechanism, 22, 166, 251-252
adverse events, 168-169
candida infections, 169, 253-254
IBD and Crohn's disease, 254
approved for plaque psoriasis, 166
approved for PsA, 159, 166
approved for psoriasis, 166
clinical trials, 161t, 166-169, 252
ERASURE and FIXTURE, 252, *253*
FUTURE 1 and 2, 166-168, *167*, *170-171*
FUTURE 5, 169, *172*
vs etanercept and ustekinumab, 252
dosage, 169, 235t
efficacy, 166-169, 252
indications for, 169, 251-252
safety, 168-169, 253-254
anti-secukinumab antibody, 252
pregnancy and, 169-173
in treatment of PsA, 166-173
in treatment of psoriasis, 235t, 251-254
Sharp radiographic scoring system, 83, *85*
Simponi, Simponi Aria. See *Golimumab.*
Skin biopsy, 63-65, *64*
Skin cancer
cyclosporine and, 213t, 222
psoralen plus ultraviolet A (PUVA) and, 206
TNF inhibitors and, 152-153, 247t
UVB and, 203
Skin examination, 274
Skin folds, psoriasis in (inverse psoriasis), 30, 60-61, *61*
Small plaque psoriasis, 53-54
Smoking, avoidance/cessation, 115
SPARCC, 70, *73*
Spine. See also *Axial evaluation; Axial involvement.*
axial evaluation, 72-77
axial involvement, radiography, 83-84
inflammatory back pain, 38, 43-44
symptoms in, 34, 38
SPIRIT-P1 and P2 trials, 173-178, *174*, *176*, *177*
Spondyloarthritis Research Consortium of Canada Enthesitis Index (SPARCC), 70, *73*
Spondyloarthropathies
ASAS classification/response criteria, 39, 75-76, 76t
differential diagnosis of, 37-39, 38t
features of, 32-33, 39, 46, 70
SPARCC index, 70, *73*
vs PsA, 22
STAT-3, 19, 20, *21*
Sternoclavicular involvement, 49-50
Stiffness, morning stiffness, 38, 44, 68, 75t
Still's disease, 192
Streptococcal infection, guttate psoriasis and, 54, *54*
Subtypes of psoriasis, 51-60. See also *Clinical presentation.*
Suicide/suicidal ideation
with apremilast, 227
with brodalumab, 178, 257-259
Sulfasalazine, 90, 91, *91*, 276
SURFACE 1/2 trials, 262, *263*
Symmetrical polyarthritis, 31t, 41, 42-43, *44*
prevalence of, 41
Syndesmophytes, 83
Synovitis, 33-34, 68
nail changes and, 43
Systemic therapies. See *Oral systemic therapy.*

T cells, 19-20, *21*, 22, *160*
activation, 19, *21*
alefacept and, 183
cyclosporine and, 221
methotrexate and, 214
apoptosis, phototherapy and, 200
differentiation of, *160*, 259
phototherapy and, 200
T cell specific therapies, 19, 20
Tacrolimus, 194-195
combined with salicylic acid, 189
Tar, 192
combined with UVB, 202-203
Tazarotene, 194, 195
Tendon involvement. See *Enthesitis.*
Therapies, 89-278. See also *specific topics.*
coordinated management of psoriasis and psoriatic arthritis, 269-278
dermatologists and, 270, 271-274, 277
4-Quadrant Model, 277-278, *277*
patient perspectives, 275-276, 278
primary care and, 269-270, 278
early, aggressive therapy model, 89, 154
psoriasis, 187-197
biologic therapy, 231-267, 234t-236t
anti-TNF agents, 232-248
adalimumab, 239-241, 244
certolizumab pegol, 241-242, 244-245
etanercept, 237-239, 243
infliximab, 239
IL-17 inhibitors, 235t, 248-259
brodalumab, 256-259
ixekizumab, 254-256
secukinumab, 251-254
IL-23 inhibitors, 236t, 259-263
guselkumab, 259-262
tildrakizumab, 262-263
ustekinumab, 248-251
oral systemic therapy, 211-230, 212t
acitretin, 219-221
apremilast, 224-228
cyclosporine, 221-224
methotrexate, 214-219
phototherapy, 199-209
topical therapy, 187-197

Therapies, *continued*
psoriatic arthritis (PsA), 89-185
GRAPPA treatment recommendations, 109-114, *112-113*, 154, 276-277
axial diseases, 109-114, *112-113*
dactylitis, *112-113*, 114
enthesitis, *112-113*, 114
peripheral arthritis, *112-113*
skin and nail diseases, *112-113*
nonbiologic therapy, 89-125
apremilast, 94-101
corticosteroids, 90
cyclosporine, 92
DMARDs, 90-91
leflunomide, 92
methotrexate, 92-94
NSAIDs, 89
physical therapy, 89, 109
tofacitinib, 101-109
other biologic therapy, 158-185
abatacept, 178-182
alefacept, 183
anakinra, 182-183
brodalumab, 178
interleukin-17 inhibitors, 165-178
ixekizumab, 173-178
rituximab, 183
sarilumab, 183
secukinumab, 166-173
tocilizumab, 183
ustekinumab, 159-165
TNF inhibitor therapy, 127-158. See also *TNF inhibitors.*
treatment guidance (GRAPPA, ACR/NPF), 109-124, *112-113*, *116-123*, 154, 276-277
treatment guidance for PsA, 109-124, *112-113*, *116-123*, 276-277
treat to target, 114
treatment plan, developing, 276-277, 278
Tildrakizumab, 262-263
action mechanism, 262
approved for psoriasis, 259, 262
dosing, 236t
efficacy (SURFACE 1/2), 262, *263*
safety, 262-263

TNF (tumor necrosis factor), 127. See also *TNF inhibitors.*
genes, and location in MHC I region, 15, *18*
receptors for (p55 and p75), 127, 130, 233
TNF-α, 15, 19, 20, *21*, 22, 127, *160*
actions of, 232
antibodies to, 130
binding of anti-TNF agents to, 127, 233
in inflammation, 127, *128-129*
inhibition of, 19, 127-130, *128-129*, 232
production of, 127, *128*, *160*
TNF inhibitors, 127-158, 232-248. See also *specific agents.*
action mechanism, 127-130, *128-129*, 232-233
antibodies, 130
adalimumab, 140-144
certolizumab pegol, 148-150
golimumab, 145-148
infliximab, 135-139
secukinumab, 251-254
approved agents (for PsA), 127, 130-150
in combination with methotrexate, 93, 94, 135, 141, 155, 244
continuous vs intermittent use, 245-246
costs of, 154
efficacy
agent composition/structure and, 233
continuous vs intermittent use, 245-246
long-term efficacy, 243-246
for PsA, 130-150
for psoriasis, 232, 233-246
short-term efficacy, 237-242
persistence/tolerability, 155
safety, 150-154, 246-248, 247t
demyelinating disease (MS) and CHF, 153, 246, 247t
hepatitis B, 152
herpes zoster, 152
infections, 151, 246-248, 247t
injection site reactions, 153
lab abnormalities, 153
lymphoma, 152-153, 247t
pregnancy, 153-154
skin cancers, 152-153, 247t
tuberculosis, 151-152, 247t
switching between agents, 153, 155
in treatment of psoriasis, 232-248
action mechanisms, 232-233
TNF inhibitors, *continued*
approved agents, 234t-235t
adalimumab, 239-241, 244
certolizumab pegol, 241-242, 244-245
dosing, 234t-235t
etanercept, 234t, 237-239, 243
infliximab, 239, 243-244
efficacy, 232, 233-246
agent composition/structure and, 233
continuous vs intermittent use, 245-246
long-term efficacy, 243-246
short-term efficacy, 237-242
pediatric psoriasis, 246
for pustular psoriasis, 58
safety, 246-248, 247t
in treatment of psoriatic arthritis (PsA), 127-158
action mechanism, 127-130, *128-129*, 233
approved agents, 127, 130-150
adalimumab, 140-144
certolizumab pegol, 148-150
comparable efficacy of agents, 154-155
etanercept, 130-135
golimumab, 145-148
infliximab, 135-139
in combination with cyclosporine, 155
in combination with methotrexate, 93, 94, 135, 141, 155
efficacy, 130-150
general management, 154-155
addition of other agents, 155
combinations of agents, 154-155
comparable efficacy of agents, 154-155
dosage, 155
persistence on therapy, 155
GRAPPA recommendations, 109-114, *112-113*, 154, 276-277
indications for, 109-115, 130, 154-155
as first-line therapy, *112*, 114-115
safety, 150-154, 246-248, 247t
switching between, 153, 155
Tocilizumab, 161t, 183
Tofacitinib, 101-109
action mechanism, 101, *102*
approved for PsA, 101
contraindications and cautions, 103-109
dosage, 103, 109

Tofacitinib, *continued*
efficacy and safety, 101-103, *104-108*, 108t
indications for, 101
OPAL Broaden and OPAL Beyond studies, 101-103, *104-107*, 108t
safety, 101, 103-109, 110t-111t
malignancy warning, 103, 110t
Topical corticosteroids, 189-191. See also *Corticosteroids*.
Topical macrolides, 194-195
Topical therapy, 187-197
adherence by patients, 187, 191
agents, 188, 188t
combination agents, 193-194
emollients and keratolytics, 188-189, 202
tar and anthralin, 192, 202-203
topical corticosteroids, 189-191
vitamin D derivatives, 192-193
basic points for patient success, 191
benefits of, 187-188, 188t
BSA and, 187
cautions for, 189
classes and categories of agents, 188, 188t
physical agents, 188-189, 188t
physiologic agents, 188t, 189-194
combination agents
vitamin A agents (retinoids), 194
vitamin D and topical corticosteroids, 193
combined with UVB, 202-203
delivery of medication, 187, 191
facial application, cautions for, 190
for facial psoriasis, 194-195
as first line therapy for psoriasis, 187
goals and indications, 187-188, 188t
as adjuvants for phototherapy or systemic therapy, 187
decrease in inflammatory response, 188
as first line therapy for psoriasis, 187
local relief of symptoms, 188
for inverse psoriasis, 194-195
safety, 189
topical macrolides (tacrolimus and pimecrolimus), 194-195
Toronto Psoriatic Arthritis Screening (ToPAS), 271, 272t
Trauma
Koebner phenomenon, 52, *53*
in pathogenesis of psoriasis, 51
in pathogenesis of psoriatic arthritis, 23
Treatment. See also *Therapies*.
4-Quadrant Model, 277-278, *277*
GRAPPA treatment guidelines, 109-114, *112-113*, 154, 276-277
treatment guidance for PsA, 109-124, *112-113*, *116-123*
treatment plan, development of, 276-277, 278
Tuberculosis
prescreening for, 151
TNF inhibitors and, 151-152
Tumor necrosis factor. See *TNF*.
Twin studies, 13

Ultrasound imaging, 84, *86*
Ultraviolet light therapy, 199-204
dosage and frequency, 200, 201t, 202t
indications for, 200t
penetration, 199
protocols for treatment, 200, 201t, 202t
psoralen plus ultraviolet A (PUVA) therapy, 205-207
action mechanism, 205
efficacy, 205
indications for, 206-207
maximum number of treatments, 206
protocol and dosing for, 202t
side effects, 205-206
UVA, 199
UVB, 199-204
action mechanism, 199-200
broadband (BB-UVB), 200
combined with topical or systemic treatment, 199, 202-203, 220
efficacy of, 200-202, 231
Goeckerman therapy (UVB and tar), 203
home or office delivery, 201-202
Ingram therapy (UVB and anthralin), 203
maintenance therapy, 203-204
narrowband (NB-UVB), 200, 201t, 207
protocols for, 200, 201t
safety issues, 203-204
skin cancer and, 203, 206
targeted phototherapy (excimer laser), 204
wavelengths, 199, 204
UNCOVER 1, 2, and 3 trials, 254-256, *255*
Urea, 189
Ustekinumab, 159-165, 248-251
action mechanism, 22, 159, 248

Ustekinumab, *continued*
administration
intravenous, 169
subcutaneous injection, 159
adverse events, 161-162, 165
infections, 165
approved for PsA, 159
approved for psoriasis, 159
combined with methotrexate, 161
indications for, 165, 248
adolescents, 250
safety, 161-162, 165, 250-251
structure and composition, 159, 248
in treatment of PsA, 159-165, 161t
dosage, 163
efficacy, 159-165, *162*, *164*, *166*
impact on structural progression, 165, *166*
PSUMMIT 1 and 2 trials, 163-165, *164*, *166*
in treatment of psoriasis, 248-251
action mechanism, 248
CADMUS trial, 250
clinical endpoints, 235t
dosing, 235t
efficacy, 248-250, *249*
safety, 250-251
vs etanercept, 249
Uveitis, 33, 49

Vaccinations, TNF inhibitors and, 152
Vitamin A agents
acitretin, 219-221
retinoids, 194, 202
Vitamin D derivatives, 192-193, 202, 277
combination agents with topical corticosteroids, 193
maximum dose for, 193
VOYAGE 1/2 trials, 259-261, *260*

White blood cell count
elevated in erythrodermic psoriasis, 60
elevated in psoriasis, 63

Yeast infections, 60-61