

Psoriasis Increases Risk of Diabetes

On August 29, 2012, an article was released discussing the correlation between patients with psoriasis being at high risk for new-onset diabetes mellitus. The study comprised more than 4 million people, including approximately 50,000 patients with psoriasis, who were followed for 13 years. The risk of new-onset diabetes mellitus was increased in all patients with psoriasis compared to people who did not have psoriasis. Risk increased with the severity of psoriasis. Compared to people without psoriasis, patients with mild psoriasis were 1.5 times more likely to acquire new-onset diabetes mellitus and patients with severe psoriasis were more than twice as likely to acquire new-onset diabetes. These findings are thought to be due to the chronic inflammatory state of psoriasis leading to insulin resistance.

A person may have type 2 diabetes for many years without knowing it. In type 2 diabetes, either the body does not produce enough insulin or the cells do not properly utilize the insulin. When glucose accumulates in the blood instead of going into the cells, it can lead to further diabetic complications. Common symptoms of type 2 diabetes include fatigue, unexplained weight loss, excessive thirst, excessive urination, poor wound healing, frequent infections, altered mental status, and blurry vision. Managing diabetes can be a difficult task but it is very important to begin prompt lifestyle changes such as diet, exercise and weight loss. It is also very important to begin testing levels of blood sugar frequently and if prescribed, taking medicine as directed. Uncontrolled diabetes may lead to serious long term complications such as hypertension, blindness, kidney disease, neuropathy, amputation of affected body part, and also an increased financial burden. It is important to treat psoriasis accordingly and aggressively, when indicated.

References:

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Todd Picklesimer, Doctor of Pharmacy Candidate