

ABSTRACT

Long-term Cyclosporin Therapy for Psoriasis

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Eighty-four patients (mean age 43; range 18–76; M:F 18:35) with severe chronic plaque psoriasis have been treated with CyA for 1–72 months (mean 18.5 months). The mean reduction in PASI score for the group was 69%. The mean maintenance dose of CyA was 3.3 (range 2–5) mg/kg/day. Continuous treatment with CyA was required for 35 (42%) patients in order to control psoriasis, whereas 32 (38%) patients were managed with intermittent courses. CyA was ineffective in 5 patients, defined a failure to control psoriasis on CyA 5 mg/kg/day. CyA was withdrawn in 13 cases because of: renal impairment ($n=5$); relative contra-indication with high-dose NSAID for arthritis ($n=2$); severe nausea ($n=1$); death ($n=1$); noncompliance and infrequent attendance ($n=4$). Three patients have developed malignancies. Hypertension (systolic BP >160 mmHg or diastolic BP >90 mmHg) developed in 27 (32%) patients with the onset at between 0.5 and 62 months (mean 11.5 months). Hypertension was reversible when CyA was discontinued. Glomerular

filtration rate estimation fell 16% from a mean (SD) value of 110 (23.9) ml/min prior to commencing CyA to 94 (29) ml/min after treatment. 24 (28.9%) patients had >25% fall in GFR with the mean time of onset 22 months (range 3–65 months). The GFR improved in all patient when CyA was stopped for one month, but the GFR did not return to its pretreatment value in 12 of the 24 patients. A correlation between the fall in GFR and length of treatment with CyA was seen ($r=0.41$; $P, 0.05$). 17 (20%) of the patients had a rise in their serum creatinine rate >30% of the baseline value, and 12 (14%) had a rise >50%. A correlation between duration of treatment with CyA and rise in serum creatinine was demonstrated ($r=0.49$; $P, 0.05$). 8 patients who have been treated with CyA underwent renal biopsy after an average of 60 months (range 48–66). 6 of the 8 biopsies showed some evidence of CyA nephrotoxicity, but only in 2 were the changes serious enough to warrant discontinuing CyA.