

ABSTRACTS

Cyclosporin A in the Treatment of Psoriasis

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The aim of present study was to evaluate the efficacy of cyclosporin A therapy in patients with severe plaque-type psoriasis. For this purpose, 10 patients; 9 men and 1 woman, aged between 27 and 61 years, 9 with severe plaque type and 1 erythrodermic type psoriasis were entered into this study between November 1991 and July 1992. Cyclosporin A was given for 12 weeks. Patients were first treated with cyclosporin A, 2.5 mg/kg/day; in case of inadequate response the dosage was increased to a maximum of 5 mg/kg/day. Clinical efficacy was evaluated by

the psoriasis Area and Severity index (PASI) score. At the end of the third month of the treatment, 7 patients (70%) showed a marked improvement, with $\geq 75\%$ reduction of PASI. Maintenance therapy in these cases has still been continued. During the treatment, the most common observed adverse side effects were headache (30%), pruritus (30%) and conjunctivitis (20%). In conclusion, oral cyclosporin A is recommended as an alternative medication to obtain remission in patients with chronic severe psoriasis in whom no contra-indications had been identified.