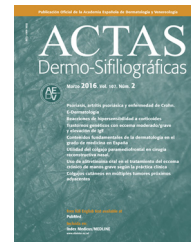




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## ORIGINAL

# The Cost of Psoriasis and Psoriatic Arthritis in 5 European Countries: A Systematic Review<sup>☆</sup>



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### KEYWORDS

Psoriasis;  
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Review;  
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Spain;  
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Italy;  
United Kingdom

### Abstract

**Introduction:** While the introduction of biologics has improved the quality of life of patients with psoriasis and psoriatic arthritis, it may have increased the economic burden of these diseases.

**Objective:** To perform a systematic review of studies on the costs associated with managing and treating psoriasis and psoriatic arthritis in 5 European countries: Germany, Spain, France, Italy, and the United Kingdom.

**Methods:** We undertook a systematic review of the literature (up to May 2015) using the MEDLINE and EMBASE databases. The methodological quality of the studies identified was evaluated using the Consolidated Health Economic Evaluation Reporting Standards checklist. We considered both direct costs (medical and nonmedical) and indirect costs, adjusted for country-specific inflation and converted to international dollars using purchasing power parity exchange rates for 2015 (\$US PPP).

**Results:** The search retrieved 775 studies; 68.3% analyzed psoriasis and 31.7% analyzed psoriatic arthritis. The total annual cost per patient ranged from US \$2,077 to US \$13,132 PPP for psoriasis and from US \$10,924 to US \$17,050 PPP for psoriatic arthritis. Direct costs were the largest component of total expenditure in both diseases. The severity of these diseases was associated with higher costs. The introduction of biologics led to a 3-fold to 5-fold increase in direct costs, and consequently to an increase in total costs.

**Conclusions:** We have analyzed the economic burden of psoriasis and psoriatic arthritis and shown that costs increase with the treatment and management of more severe disease and the use of biologics.

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**PALABRAS CLAVE**

Psoriasis;  
Artritis psoriásica;  
Coste de la  
enfermedad;  
Revisión;  
Alemania;  
España;  
Francia;  
Italia;  
Reino Unido

**Coste de la psoriasis y artritis psoriásica en cinco países de Europa: una revisión sistemática****Resumen**

**Introducción:** La introducción de las terapias biológicas ha mejorado la calidad de vida de los pacientes con psoriasis y artritis psoriásica, aunque podría haber incrementado su carga económica.

**Objetivo:** Revisar los estudios de costes del manejo de la psoriasis y artritis psoriásica en cinco países de Europa (Alemania, España, Francia, Italia y Reino Unido).

**Métodos:** Revisión sistemática de la literatura en Medline y Embase hasta mayo 2015. La calidad metodológica de las publicaciones se evaluó mediante las recomendaciones de la Consolidated Health Economics Reporting Standard (CHEERS). Se consideraron costes directos (sanitarios y no sanitarios) e indirectos, actualizados por la inflación de cada país y ajustados a dólares internacionales 2015 mediante la Paridad de Capacidad Adquisitiva (USD-PPP).

**Resultados:** Se identificaron 775 publicaciones, 68,3% de psoriasis y 31,7% de artritis psoriásica. El coste total anual por paciente osciló entre 2.077-13.132 USD-PPP y 10.924-17.050 USD-PPP en psoriasis y artritis psoriásica, respectivamente. En ambas patologías, la partida con mayor contribución al coste total fue la relacionada con costes directos. Estadios más graves de la enfermedad se asociaron con un aumento de costes. La introducción de terapias biológicas conllevó un incremento de 3 a 5 veces de los costes directos, que repercutió en los costes totales.

**Conclusiones:** Esta revisión pone de manifiesto el impacto económico que supone el tratamiento y manejo de la psoriasis y artritis psoriásica, el cual aumenta en función de la gravedad del paciente y de la inclusión de terapias biológicas.

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**Introduction**

Clinical skin and joint manifestations of the chronic autoimmune diseases psoriasis (psoriasis) and psoriatic arthritis (psoriatic arthritis) not only have a major impact on health-related quality of life of the patients,<sup>1</sup> but also represent a substantial economic burden on health systems.<sup>2,3</sup> Psoriasis generally follows a chronic course, with relapses associated with different skin manifestations.<sup>4</sup> Psoriatic arthritis is a chronic disease affecting the musculoskeletal system. It is usually seronegative and may be associated with psoriasis.<sup>5</sup> Patients with psoriatic arthritis usually but not always present with skin manifestations before joint involvement is apparent,<sup>6</sup> and in approximately 80% of patients, the presence of psoriasis occurs before the onset of psoriatic arthritis<sup>7</sup> with a lag usually in excess of 10 years from diagnosis of psoriasis.<sup>6</sup> In addition, although there is no clear correlation, there appears to be a greater risk of psoriatic arthritis in patients with more severe forms of psoriasis.<sup>7</sup>

The prevalence of these diseases is not well defined, given the heterogeneity of the clinical manifestations and differences in the diagnostic and classification criteria.<sup>9-11</sup> Estimates of the prevalence of psoriasis and psoriatic arthritis range from 1.3% to 2.2% and from 0.3% to 1% of the population, respectively.<sup>6,8</sup> In Spain, although the number of studies is limited, according to estimates from recent data, the prevalence of psoriasis lies between 1.2% and 2.3%,<sup>12,13</sup> and the prevalence of psoriatic arthritis is estimated to be 0.17%.<sup>12</sup> Furthermore, the prevalence of psoriatic arthritis in patients with psoriasis in Europe is significant, ranging

from 9.8% in the Spanish population<sup>12</sup> to 13.8% in the United Kingdom.<sup>14</sup>

The therapeutic approach to psoriasis and psoriatic arthritis is broad-ranging, and includes a first stage with conventional therapy (topical agents, phototherapy, glucocorticosteroids, nonsteroidal antiinflammatory agents, and nonbiologic disease modifying antirheumatic drugs) and a second stage with biologic therapies in patients refractory to conventional therapy.<sup>8,15,16</sup>

Although a dose-dependent relationship between the use of biologic agents and the risk of infection has recently been observed,<sup>3</sup> such agents are extremely effective and have considerably improved health-related quality of life.<sup>8</sup> The counterpoint to this improvement is that the introduction of new biologic agents may increase the economic burden associated with these diseases.<sup>2,8</sup> Thus, the objective of this study was to review the studies of costs of psoriasis and psoriatic arthritis management in the 5 biggest economies in Europe (Germany, Spain, France, Italy, and the United Kingdom).

**Methods****Study Identification**

A systematic review of the literature was undertaken using the MEDLINE and EMBASE (via OVID) databases, with a cut-off of May 2015. The search strategy was based on use of search terms related to the type of patients and intervention (Medical Subject Headings, free text), syntactic operators,

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