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Autoimmune Skin Diseases and the Metabolic Syndrome

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### **Abstract**

The metabolic syndrome (MetS) represents an important association of cutaneous maladies with cardiovascular illnesses. Chronic inflammation, shared risk factors (i.e. smoking, and alcohol consumption), treatment (i.e. immunosuppressive agents and drugs that alter the lipid profile), and shared genetic risk loci have been proposed to cause MetS and cardiovascular morbidity of autoimmune diseases. There are many possible inflammatory mediators that are suggested to play a role in insulin resistance pathogenesis, such as TNF- $\alpha$ , Il-6, leptin, and adiponectin. These mediators are also abnormal in autoimmune skin disorders. We discuss several autoimmune skin diseases, connective tissue diseases, bullous diseases, vitiligo, psoriasis, lichen planus, chronic urticaria, and atopic dermatitis.

**Key words:** Metabolic syndrome, autoimmune disease, skin

### **Introduction**

Metabolic syndrome (MetS) is a culmination of several cardiovascular risk factors. Many organizations have proposed criteria for the diagnosis of MetS. According to the International Diabetes Federation (IDF) definition, in addition to central obesity, there must be at least two of the following criteria for diagnosis:

- Elevated triglyceride levels
- Reduced high density lipoprotein cholesterol levels

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