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Diet and Nutrition of Elderly Patients Suffering from Psoriasis

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Review Article

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Abstract

Psoriasis is a chronic inflammatory skin disease which has close link with diet and nutrition. Nutrition has preventive, prognostic and curative role in psoriasis. This review focuses on food pattern and nutritional status of elderly psoriatic patients. I have tried to find out existing knowledge gap by critically reviewing published documents available in Google search.

Introduction

Psoriasis is known as skin disease; 2-3% of population of the world is affected by psoriasis irrespective of sexes i.e. no sex is immune [1]. Though no age is immune but document indicates a high prevalence in older age group and incidence of psoriasis is higher among white skin than in dark skin [1]. If we see USA statistics we found that 8 million patients had psoriasis whether 2% of the people in Brazil were suffering from psoriasis [1]. Surprisingly in each year disease free healthy life lost per 100000 inhabitants from psoriasis in Bangladesh has raised by 17.2% since 1990, mean of 0.7% per year according to global health statistics. Women are harmed at the highest rate from psoriasis in Bangladesh at age 65-69. But no update reliable data is available. Literature suggests that nutritional intervention as like anthropometric and biochemical variables can be used as preventive as well curative measure in case of psoriasis [2]. Wolters in 2005 proved that the weight maintenance enhances the prognosis of psoriasis. On the contrary, dietary pattern and life style act as confounders to the development of psoriasis [2].

Critical review of literature

The following passages highlight past literature which the research author believes bears relevance to the subject of the study.

Psoriasis is a common dermatological disease in our context now. Effect of psoriasis is immense. Psoriatic patients lead distressful life because it can reverse repeatedly. Recent literature shows that diet has remarkable role on the skin of psoriasis patients and diet is considered as one of the important environmental factors [3]. Actually, some literatures recommended many dietary interventions for psoriasis but evidence based scientific literature are scarce, especially later part of life. Among published documents weight reduction is supported by number of studies, particularly among excessive weight psoriatic patients [4-11] and those patients had celiac-specific antibodies, they were improved well taking gluten-free diets [12, 13] but no single study found in older group in Bangladesh. Lack of literature on food, nutritional status and psoriasis in our context finds an important knowledge gap for both patients as well as clinicians to go through this condition.

No part of the world is immune to psoriasis. Literature found number of risk factors for psoriasis such as family history, diet, obesity, smoking, alcohol [14]. Besides dietary factors have the tendency to affect pharmacological movement. Moreover, many food stuffs play a role in psoriasis. Millsop et al (2014) stated that the ability of omega-3originated from fish oil, Vitamin A, Vitamin E, Vitamin C and minerals, Trace elements like iron, copper, zinc and selenium having anti-oxidant action which decreases oxidative stress followed by reactive oxygen generation, might be of particular disease like psoriasis [15]. In addition to this Augustin et al (2014) indicated that vitamin D has proliferating activity in case of psoriasis [16]. However, while number of studies have showed the effectiveness of individual nutrients on the pathogenesis of psoriatic disease [17], but scarcity of studies found on form of healthful eating. Geriatric people are increasing day by day in our country and in future they will occupy larger segment of total population. Barrea, et al. (2010) carried out across-cut observational study on psoriasis [18]. Sunlight has role in the pathogenesis of psoriasis and they found that low vitamin D status is significantly associated with psoriasis [18]. Bidirectional relationship among psoriasis as well as vitamin D (low level) has to be well understood by the dermatologists and nutritionists. Vitamin D may use to decrease clinical severity of psoriasis or reduce risk of co-morbidities. After critically review of this paper, there was a knowledge gap on age specification, food pattern and anthropometrical measurement.

Another cross-sectional observational study was conducted to find out how mediterranean diet are related with severity of psoriasis. They highlighted the necessity of the evaluation of

configuration of body by bioelectrical analysis of the patients but anthropometrical data were absent [18].

Afifi, et al. (2017) carried out a survey like study on 1206 psoriasis patients [3]. Here we find that psoriasis patients took more fruits, vegetables and legumes but significantly less intake of calcium, dairy products, fiber and sugar. Most of the patients took dietary modification. Besides when patients reduce to intake alcohol, gluten, nightshades and adding to consume fish oil/omega-3 then their skin improvement was dramatic. Additionally, motivation to dietary habit changes was necessary for psoriasis. But they only emphasized on micronutrients, macronutrients were neglected.

Research showing fat-soluble vitamin deficiency in psoriasis exists and presents greater evidence for oral vitamin treatment in addition to first-line therapies. This review presents the mechanism of action in psoriasis of each fat-soluble vitamin and the data on the efficacy of oral fat-soluble vitamin supplementation in psoriasis and systemic inflammation [19].

Studies have shown that a paradox exists in psoriatic lesions-there is a higher level of retinoic acid within lesions due to an alteration in vitamin A metabolism, yet retinoid therapy is effective in such lesions. The increased level of retinoic acid is caused by increased levels of inflammatory cytokines seen in psoriasis, specifically interferon gamma [20].

Conclusion

Elderly people are usually vulnerable; they are prone to develop various diseases as like psoriasis. Malnourishment gears up this distressful condition. Research on food habit and anthropometry among aged psoriatic people is an urgent need and timely initiative.

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