



# Psorijaza

## Psoriasis

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### Apstrakt

Psorijaza je sistemsko, autoimunska inflamatorna oboljenja sa reaktivnom abnormalnom epidermalnom diferencijacijom i hiperproliferacijom, sa povećanim rizikom za razvoj komorbiditeta – kardiovaskularnih bolesti, metaboličkih oboljenja, dijabetesa, obesitasa.

Osnovni ciljevi lečenja su brzo i efikasno poboljšanje kliničke slike, održavanje poboljšanja, minimalne kratkoročne i dugoročne posledice, poboljšanje kvaliteta života.

Na osnovu podataka o kliničkoj efikasnosti poboljšanja kvaliteta života kod primene bioloških agensa, donesene su sledeće preporuke.

International Consensus Conference: „Biološke agense treba svrstati u ravnopravne, među primarnim terapijskim agensima u svakodnevnoj kliničkoj praksi za lečenje psorijaze kod pacijenata koji su kandidati za primenu sistemske terapije”.

Biološka terapija je jednostavna za bolesnike, nisu potrebne duge hospitalizacije, skraćuje odsustva sa posla.

### Abstract

Psoriasis is a systemic, autoimmune inflammatory disease with reactive abnormal epidermal differentiation and hyperproliferation, with an increased risk for the development of comorbidities - cardiovascular diseases, metabolic diseases, diabetes, and obesity.

The main goals of treatment are rapid and effective improvement of the clinical picture, maintenance of improvement, minimal short-term and long-term consequences, and improvement of quality of life.

Based on the data on the clinical effectiveness of improving the quality of life when applying biological agents, the following recommendations were made.

International Consensus Conference: “Biological agents should be ranked equally among primary therapeutic agents in daily clinical practice for the treatment of psoriasis in patients who are candidates for systemic therapy”

Biological therapy is simple for patients, long hospitalizations are not required, and it shortens absences from work.

