

Comparing coronary artery calcium scores in patients with psoriasis, diabetes

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Assessing coronary artery calcium (CAC) is a measure of the severity of atherosclerosis (clogged arteries) and a cornerstone for screening for risk of future cardiac events. The inflammatory skin condition psoriasis has been associated with increased risk of cardiovascular disease. Type 2 diabetes is a high-risk disease associated with increased cardiovascular risk.

So how does the severity of asymptomatic coronary atherosclerosis as measured by CAC scores compare in patients with moderate to [severe psoriasis](#), those with diabetes or in healthy controls?

Nehal N. Mehta, M.D., M.S.C.E., of the National Institutes of Health, Bethesda, Md., and coauthors analyzed data from three studies with a total of 387 individuals in a new article published online by *JAMA Dermatology*.

Among their findings, the authors report the prevalence of moderate to severe coronary calcification was similar between patients with psoriasis and type 2 diabetes and about five times higher than in healthy control patients.

The study notes its limitations, including a lack of biological data that limit researchers' ability to draw a cause and effect relationship between atherosclerosis and psoriasis.

"These findings warrant early [cardiovascular risk](#) assessment and

aggressive risk factor modification in those with moderate to severe psoriasis," the study concludes.

More information: *JAMA Dermatology*. Published online August 24, 2016. [DOI: 10.1001/jamadermatol.2016.2907](https://doi.org/10.1001/jamadermatol.2016.2907)

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