

# Short-term exposure to air pollution linked to psoriasis flare

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(HealthDay)—Short-term exposure to air pollution seems to be

associated with psoriasis flare, according to a study published online Feb. 16 in *JAMA Dermatology*.

Francesco Bellinato, M.D., from the University of Verona in Italy, and colleagues examined whether [short-term exposure](#) to air pollution is associated with [psoriasis](#) flares in a study comprising case-crossover and cross-sectional designs. The case-crossover analysis included patients with at least one disease flare between two consecutive assessments within three to four months. The cross-sectional analysis included patients who received any systemic treatment for six months or longer. Data were included for 957 patients with chronic plaque psoriasis who had 4,398 follow-up visits; 369 were included in the case-crossover study.

The researchers found that compared with the control visit, in the 60 days before the psoriasis flare, the concentrations of all pollutants were significantly higher. In the [cross-sectional analysis](#), the risk for a Psoriasis Area and Severity Index increase of 5 or more points was increased in association with exposure to mean coarse particulate matter (2.5 to 10.0  $\mu\text{m}$  in diameter) over 20  $\mu\text{g}/\text{m}^3$  or mean [fine particulate matter](#) (

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