

Blood levels of two markers may help determine the heart health of individuals with skin-related conditions

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People with psoriasis and psoriatic arthritis, collectively known as psoriatic disease, are more likely to develop cardiovascular disease than others in the general population. In a new study published in *Arthritis &*

Rheumatology that included 1,000 adults with psoriatic disease, elevated blood levels of two indicators of cardiovascular health—cardiac high-sensitivity troponin I (cTnI) and N-terminal pro-brain-type natriuretic peptide (NT-proBNP)—were associated with higher risks of experiencing cardiovascular problems independent of traditional risk factors such as hypertension and high cholesterol.

The findings encourage additional research evaluating the clinical potential of measuring cTnI and NT-proBNP levels to help assess the heart health of individual patients with psoriatic disease.

"Our study provides new insights regarding the pathophysiology of cardiovascular diseases in psoriasis and [psoriatic arthritis](#). However, at this time, ordering tests of cardiac biomarkers is not recommended for risk stratification of asymptomatic patients with psoriatic disease," said senior Lihi Eder, MD, Ph.D., associate professor of medicine at Women's College Hospital and University of Toronto.

More information: Keith Colaço et al, Association of Cardiac Biomarkers with Cardiovascular Outcomes in Patients with Psoriatic Arthritis and Psoriasis: A Longitudinal Cohort Study, *Arthritis & Rheumatology* (2022). [DOI: 10.1002/art.42079](https://doi.org/10.1002/art.42079)

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