

# Diet-induced inflammation not linked to psoriasis

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Diet-induced inflammation seems not to be associated with psoriasis,

according to a study published online Jan. 26 in the *Journal of Dermatology*.

Nouzhou Liu, from Sichuan University in Chengdu, China, and colleagues examined the association between the dietary inflammatory index (DII) and incident [psoriasis](#) in a cross-sectional study based on the 2003 to 2006 and 2009 to 2014 National Health and Nutrition Examination Surveys. DII was calculated based on 24-hour dietary recall.

A total of 13,284 participants (average age,  $48.94 \pm 17.71$  years) were enrolled. The researchers found that the prevalence of psoriasis was 2.88 percent. In a multivariable logistic regression model, there was no association seen for incident psoriasis with DII (odds ratio, 1.00; 95 percent confidence interval, 0.89 to 1.11). The odds ratio for those in the highest versus the lowest DII tertile was 0.81 (95 percent confidence interval, 0.51 to 1.28; P trend, 0.0974). In participants with different population settings, DII was still not associated with psoriasis. Restricted cubic splines showed no association for DII with psoriasis in an overall or nonlinear manner.

"Although a proinflammatory diet could lead to several [health risks](#), the occurrence of psoriasis might not be associated with dietary inflammatory potential," the authors write.

**More information:** Nuozhou Liu et al, Dietary inflammatory potential and psoriasis: A cross-sectional study, *The Journal of Dermatology* (2023). [DOI: 10.1111/1346-8138.16731](https://doi.org/10.1111/1346-8138.16731)

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