

Smoking independently tied to higher risk for psoriasis

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Smoking is tied to an increased risk for psoriasis, but may not be a cause

of psoriasis, according to a study published online Feb. 22 in *Frontiers in Immunology*.

Charlotte Näslund-Koch, from Copenhagen University Hospital-Herlev and Gentofte in Denmark, and colleagues used data from 105,912 individuals participating in the Copenhagen General Population Study to assess whether smoking (measured both observationally and by the presence of the genetic variant *CHRNA3* rs1051730, which is strongly associated with high lifelong cumulative smoking) is independently associated with [psoriasis](#).

The researchers found that the risk for developing moderate-to-severe psoriasis was higher in smokers versus never smokers (hazard ratios [95 percent confidence intervals], 1.64 [1.35 to 2.00] and 2.23 [1.82 to 2.73] in ever smokers with ≤ 20 pack-years and in ever smokers with > 20 pack-years, respectively). The odds of developing moderate-to-severe psoriasis trended higher for the *CHRNA3* rs1051730 T-allele in ever [smokers](#) (odds ratio, 1.05; 95 percent confidence interval, 0.95 to 1.16).

"These results suggest that smoking is an independent, but not a causal risk factor for psoriasis," the authors write. "However, even though we do not find a causal association between smoking and moderate-to-severe psoriasis, smoking restriction and cessation remain important to minimize risk of smoking-related comorbidities."

Several authors disclosed [financial ties](#) to the [pharmaceutical industry](#).

More information: Charlotte Näslund-Koch et al, Smoking is an independent but not a causal risk factor for moderate to severe psoriasis: A Mendelian randomization study of 105,912 individuals, *Frontiers in Immunology* (2023). [DOI: 10.3389/fimmu.2023.1119144](https://doi.org/10.3389/fimmu.2023.1119144)

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