

Tool predicts a patient's risk of developing psoriatic arthritis

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In research published in *Arthritis & Rheumatology*, investigators have developed and validated a tool called PRESTO that identifies patients with psoriasis who face an elevated risk for developing psoriatic arthritis

and may therefore benefit from preventive therapies.

Among 635 patients with [psoriasis](#) followed in the University of Toronto psoriasis cohort, 51 and 71 developed psoriatic arthritis during 1-year and 5-year follow-up periods, respectively. The risk of developing psoriatic arthritis within 1 year was higher in patients with younger age; male sex; family history of psoriasis; back stiffness; nail pitting (dents, ridges, and holes in the nails); joint stiffness; use of biologic medications; poor health; and pain severity. The risk of developing psoriatic arthritis within 5 years was higher in patients with morning stiffness, psoriatic nail lesion, psoriasis severity, fatigue, pain, and use of systemic non-biologic medication or phototherapy.

Taking these data into account, PRESTO uses a [mathematical model](#) to estimate a patient's risk of developing psoriatic arthritis. The [PRESTO calculator](#) is available online.

"The PRESTO tool could serve future efforts to reduce the progression from psoriasis to psoriatic arthritis. For example, PRESTO can be used to enrich prevention trials with at-risk populations. It can also identify patients with psoriasis who can benefit from early treatments, and it can serve as an [educational tool](#) for [patients](#) to increase awareness of [psoriatic arthritis](#) risk," said corresponding author Lihi Eder, MD, Ph.D., of Women's College Hospital and the University of Toronto, in Canada. "Ultimately, we hope that these efforts will improve the lives of people living with psoriatic disease."

More information: Derivation of a multivariable psoriatic arthritis risk estimation tool (PRESTO): a step towards prevention, *Arthritis & Rheumatology* (2023). [DOI: 10.1002/art.42661](https://doi.org/10.1002/art.42661)

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