

# Tobacco smoking reduces the odds of psoriasis improvement, study finds

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Tobacco smoking is negatively associated with resolution of psoriasis symptoms, according to a [study](#) published in the April issue of *Tobacco*

## *Induced Diseases.*

Yan Qiang, from the School of Medicine at Tongji University in Shanghai, and colleagues explored the influence of smoking on treatment efficacy in patients with psoriasis. The analysis included 560 patients with psoriasis (72.9 percent were men).

The researchers found that a higher proportion of patients without tobacco smoking achieved  $\geq 75$  percent reduction in the Psoriasis Area and Severity Index (PASI75) score at week 8. For nonsmokers versus [smokers](#), current smokers, and former smokers, the odds of PASI75 were greater (adjusted odds ratios, 11.43, 14.14, and 3.05, respectively).

Compared with current smokers, former smokers had higher PASI75 achievement (adjusted odds ratio, 3.37). Individuals with younger smoking initiation age, longer smoking duration, and higher smoking intensity had lower PASI75 achievement.

"Tobacco smoking was negatively associated with the proportion of PASI75 achievement among patients with psoriasis, both for those with current or former [tobacco smoking](#) habits. Moreover, former smokers had a higher proportion of PASI75 achievement than current smokers," the authors write.

"We recommend the implementation of tobacco control measures, the provision of patient-centered, culturally sensitive cessation guides, and bedside support to improve the treatment response among patients with [psoriasis](#)."

**More information:** Yan Qiang et al, Tobacco smoking negatively influences the achievement of greater than three-quarters reduction in

psoriasis area and severity index after eight weeks of treatment among patients with psoriasis: Findings from a prospective study, *Tobacco Induced Diseases* (2024). [DOI: 10.18332/tid/184143](https://doi.org/10.18332/tid/184143)

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