

Exploring Oral Options for Psoriasis Therapies

Key Takeaways:

1. Evolution of Oral Medications for Psoriasis:
 - Traditional medications like methotrexate, cyclosporine, and fumaric acid esters remain important for treating moderate to severe psoriasis.
 - New medications such as apremilast and deucravacitinib have significantly improved treatment options, showing high efficacy and good tolerability.
2. Efficacy of Apremilast:
 - Apremilast demonstrates significant improvements in patients with mild to moderate plaque psoriasis and is effective in children and adolescents.
 - In phase 3 clinical trials, apremilast showed improvement in skin condition in patients who did not respond to topical treatment.
3. Efficacy of Deucravacitinib:
 - Deucravacitinib has shown superior efficacy compared to apremilast and provides sustained response up to 4 years.
 - The drug is convenient to use with a once-daily dosage and has a comparable side effect profile to other psoriasis treatments.
4. Advantages of Oral Medications:
 - Oral medications are convenient for patients who prefer to avoid injections and want flexibility in treatment.
 - Oral medications are especially suitable for young patients who do not want to store injectable drugs in their homes or dormitories.
5. Future of Oral Medications:
 - Ongoing development of new oral medications aims to improve efficacy and safety and enhance patients' quality of life.
 - The introduction of deucravacitinib has changed the approach to oral therapy for psoriasis, offering injection-comparable efficacy with the convenience of oral administration.