

Combining Systemic Therapies in Psoriasis and Atopic Dermatitis

Key Takeaways:

1. Rationale for Combining Systemic Therapies:
 - Improving treatment outcomes: Combining systemic therapies helps manage primary or secondary treatment inefficacy, enhancing control over PsO and AD flares.
 - Managing comorbidities: Many patients with PsO and AD have comorbidities such as psoriatic arthritis (PsA), axial spondyloarthritis (AxSpA), uveitis, inflammatory bowel disease (IBD), and hidradenitis suppurativa (HS), requiring a comprehensive treatment approach.
 - Reducing doses of toxic drugs: Combining therapies allows for lowering doses of more toxic drugs, improving the overall safety profile for the patient.
2. Importance of Accurate Diagnosis:
 - Correct diagnosis: Accurate diagnosis is crucial for developing an effective treatment plan. Misdiagnosis can lead to ineffective treatment. For example, conditions such as cutaneous T-cell lymphoma (CTCL) can mimic PsO and AD, requiring multiple biopsies for confirmation.
3. Modern Biologic Drugs:
 - Efficacy and durability: New biologic drugs are more effective and durable compared to first-generation biologics, increasing the number of available treatment options and facilitating therapy changes when needed.
4. Strategies for Effective Combination Therapy:
 - Avoiding therapeutic pathway duplication: When combining therapies, it is important not to duplicate the same therapeutic pathways and to be mindful of potential additive toxicities, requiring more frequent monitoring.
 - Combining drugs with different half-lives: Strategically combining drugs with long half-lives (biologics) with those with short half-lives (cs/tsDMARDs) for optimal effect.
5. Clinical Practice Examples:
 - Successful cases: Song provided examples of successful combination therapies, such as using ustekinumab with methotrexate for a patient with Crohn's disease and PsO flares, as well as combining acitretin with TNF α or IL-12/23 inhibitors to manage palmoplantar pustulosis and prevent eruptive squamous cell carcinomas.
6. Concept of "Eczematized Psoriasis":
 - Overlap of PsO and AD: The concept of "eczematized psoriasis" is emerging, where PsO and AD manifest simultaneously, requiring a nuanced treatment approach. This phenomenon is typical for Asian patients and requires individualized treatment.
7. Recommendations for Access to Biologic Therapy:
 - Justifying the need for treatment: To ensure patient access to biologic therapy, it is important to be prepared for discussions with colleagues, know the relevant literature, and use key sources to justify the need for treatment.

- Collaborating with other specialists: It is important to collaborate with other specialists, such as rheumatologists and gastroenterologists, for a comprehensive approach to managing comorbidities.