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学位論文の題名	Serum interleukin-6 levels in response to biologic treatment in patients with psoriasis (乾癬患者における生物学的製剤投与による血清 IL-6 値の検討) Mod Rheumatol, 27: 137-141, 2017
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Abstract

Objectives: Psoriasis is a chronic autoimmune disease involving a complex network of cytokines such as interleukin (IL)-6. Serum IL-6 levels are higher in psoriatic patients compared with healthy people and decrease after treatment with methotrexate, UVB phototherapy, and topical steroids. However, the response of serum IL-6 levels to treatment with biologics has not been clarified. We tested the hypothesis that serum IL-6 level is a useful indicator of disease activity and predicts the treatment response to biologics in patients with psoriasis.

Methods: We analyzed 113 psoriasis patients treated with biologics (73 with infliximab [IFX], 24 with adalimumab [ADA], and 16 with ustekinumab [UST]) in our hospital. Disease severity was assessed using the Psoriasis Area and Severity Index (PASI) score, and Disease Activity Score 28 based on C-reactive protein (DAS28-CRP).

Results: Before treatment, serum IL-6 levels significantly correlated with PASI scores in patients with psoriasis vulgaris ($r=0.432$, $p=0.001$) and with DAS28-CRP in patients with psoriatic arthritis ($r=0.469$, $p=0.010$). Serum IL-6 levels were significantly decreased by IFX (from 4.8 to 1.5) and ADA (from 2.5 to 1.4) therapy. In psoriatic arthritis, serum IL-6 levels at the endpoint tended to be lower in patients who achieved DAS28-CRP ≤ 2.3 (European League Against Rheumatism remission criteria) than in patients who did not.

Conclusion: Serum IL-6 level may be a useful biomarker for assessing disease activity in patients with psoriasis and for predicting responsiveness of joint symptoms to biologic treatment.