

# TREATMENT OF NAIL PSORIASIS

Boni E. Elewski, MD  
James Elder Professor and Chair  
Department of Dermatology  
University of Alabama at Birmingham

# OBJECTIVES: TREATMENT OF NAIL PSORIASIS

- ▣ Recognize nail psoriasis
- ▣ Differentiate clinical appearance and treatment options between nail matrix and nail bed psoriasis
- ▣ Be familiar with treatment options

# Overview of Nail Psoriasis

- ▣ Occurs in up to 78% of patients with psoriasis
- ▣ More common in those with psoriatic arthritis (about 80%)
- ▣ Usually involves several nails
- ▣ Fingernails not toenails have the typical findings
- ▣ Only sign of psoriasis in 5% of patients
- ▣ May adversely affect quality of life

# Clinical Features of Nail Psoriasis Most Indicative of Diagnosis

- ▣ Irregular pitting of the nail plate
- ▣ Salmon-colored patches or oil spots on the nail bed
- ▣ Onycholysis with erythematous borders

These findings point to the diagnosis of nail psoriasis

# Other Less Specific Clinical Features of Nail Psoriasis:

- ▣ Nail bed (subungual) hyperkeratosis (resembles onychomycosis)
- ▣ Onychorrhexis of fingernails
- ▣ Splinter hemorrhages
- ▣ Nail plate thickening and crumbling
- ▣ Paronychia
- ▣ Rarely: erythema or spotting of lunula, leukonychia

**These findings may also occur with other inflammatory or infectious conditions**

# More Than Just a Cosmetic Issue

- Nails enhance fine touching, tactile sensitivity, retrieving small objects and play a role in an individual's body image perception
  - Nail abnormalities in general are considered a significant problem, and can influence a person's self-esteem
  - Patient may have difficulty playing a musical instrument, buttoning a shirt and other simple activities
- The burden of nail psoriasis can be categorized as:
  - Physical symptoms
  - Psychological burden
  - Restrictions in profession and activities

# NAIL PSORIASIS TREATMENT

- ▣ Systemic therapy generally improves nail psoriasis to the same extent as skin psoriasis
- ▣ Rule out psoriatic arthritis
- ▣ Treatment approach of nail bed involvement may differ from nail plate/matrix psoriasis
- ▣ Toenails may have concomitant onychomycosis so mycological testing is helpful prior to systemic immunosuppressive therapy

# Adalimumab for nail psoriasis: Efficacy and safety from the first 26 weeks of a phase 3, randomized, placebo-controlled trial

Boni E. Elewski, MD,<sup>a</sup> Martin M. Okun, MD,<sup>b</sup> Kim Papp, MD,<sup>c</sup> Christopher S. Baker, MBBS,<sup>d</sup>  
Jeffrey J. Crowley, MD,<sup>e</sup> Gérard Guillet, MD,<sup>f</sup> Murali Sundaram, PhD,<sup>g</sup> Yves Poulin, MD,<sup>h,i</sup> Yihua Gu, MS,<sup>j</sup>  
Ziqian Geng, PhD,<sup>j</sup> David A. Williams, MD,<sup>j</sup> and Phoebe A. Rich, MD<sup>k</sup>  
*Birmingham, Alabama; Fort Atkinson, Wisconsin; Waterloo, Ontario, and Québec City, Québec, Canada;  
Carlton, Victoria, Australia; Bakersfield, California; Poitiers, France; Horsham, Pennsylvania;  
North Chicago, Illinois, and Portland, Oregon*

**Background:** Previous clinical trials have not evaluated improvement in nail psoriasis as a primary end point.

**Objective:** This phase 3 trial evaluated the safety and efficacy of adalimumab in patients with moderate-to-severe fingernail psoriasis and moderate-to-severe plaque psoriasis.



## CAPSULE SUMMARY

- No placebo-controlled clinical trials have evaluated nail psoriasis as a primary end point.
- Adalimumab was studied using clinically validated end points in a large population chosen for extent and severity of fingernail psoriasis.
- Adalimumab demonstrated favorable outcomes over placebo in moderate-to-severe fingernail psoriasis and a safety profile similar to that observed in previous clinical trials of other diseases.

# KEY POINTS

- ❑ Pits, onycholysis with red border and oil spots are indicative of nail psoriasis
- ❑ Nail bed disease- rotational topical therapeutics
- ❑ Nail matrix disease – intralesional injections, acitretin for 6 months, apremilast, tofacitinib and biologics
- ❑ Transfigure study showed improvement in NAPSI with secukinumab over 1.5 years
- ❑ Adalimumab study was first to use nail psoriasis as primary endpoint and FDA used fingernail data of study to prescribing information