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Dear readers:

Along the time, the treatment of psoriasis and other inflammatory diseases mediated by the immunologic system has been influenced by the belief that to achieve an improvement is enough, instead of looking for a definitive cure. After analyzing those current therapeutic options (including biological medications, advanced treatments and adjustments in lifestyle) that can restore the immunologic balance when counteracting the pathological mechanisms of psoriasis, specialists have got to the conclusion that implementing an early approach intervention represents a reachable goal to achieve the cure of psoriasis by the year 2035". ⁽¹⁾



The advance in the treatment of the psoriasis is unquestionable. In recent years, highly effective treatments have been introduced, especially those that inhibit interleucinas, as the medications that block the IL-17 and the IL-23. These biological treatments, as the inhibitors of IL-23 (for example, guselkumab, tildrakizumab and risankizumab) and the inhibitors of IL-17 (as secukinumab and ixekizumab), have shown to be fundamental in the fight against this disease. IL-23 is crucial for the survival, proliferation and function of T lymphocytes cooperative that produce IL-17, while IL-17 is the cytokine responsible for causing inflammation and facilitating indirectly the keratinocytes proliferation in this condition. ⁽²⁾

The medications that block IL-23 are usually able to maintain remission of the disease with administered injections every 2-3 months, according to the official rules. However, in many patients, these injections can be spaced even more, getting up to 4-6 months or even up to 9 months. The controlled studies indicate that patients with better responses are those who have a shorter duration of the condition. In all the inflammatory illnesses mediated by the immunological system, the sooner you intervene, the simpler it is to achieve a durable remission.⁽³⁾

The term "persistent" not necessarily implies that it is for the whole life, but it can rather refer to extremely prolonged periods. Drugs inhibiting IL-23 behave more effectively in inducing durable remissions in comparison to those that block IL-17, since the IL-23 acts in earlier stages of the pathogenic cascade. Experts suggest that an integral focus should be adopted to approach the factors that unchain and maintain the chronic inflammation. In ideal way, it should include early interventions with biological treatments, advanced therapies and modifications in the lifestyle during the first year after the beginning of the disease, independently from its severity. ⁽¹⁾

However, a question arises: do all the patients with psoriasis should receive these new treatments? No, the approach is centered in those with moderate psoriasis to severe. Most of the cases are mild and they don't require systemic treatments; ointments are enough. However, between 10,0 and 15,0 % of the cases can experience a worsening in a few years. ⁽³⁾



The access to systemic treatments for psoriasis continues being a challenge. Frequently, these patients face a complicated course, a situation that repeats in the whole world, even in developed countries. Dermatologists in function often show reticence, maybe due to the lack of trust in their decisions or for diverse additional reasons.

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Conflict the interests

No existe conflicto de intereses alguno.



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