

# The relation between psoriatic arthritis and immune system in human body

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ABSTRACT

This study examines how the immune system of humans is affected by psoriatic arthritis. Here, we discuss the conditions that can arise as a result of Psoriatic Arthritis. At the point when human resistant framework diminishes it assault the muscle and joints in the body because of those people groups are feeling a few joint torments. It typically manifests itself in older individuals as their immune systems weaken with age.

Keywords: Psoriatic Arthritis; Immune system; Diabetes; Cancer

## INTRODUCTION

Although the exact cause of psoriatic arthritis is unknown, research suggests that immune-system-affecting genetic and environmental factors are to blame. Psoriasis is a skin condition caused by an autoimmune response. Joints, tendons, and ligaments are the primary targets of PsA. Inflammation and pain are brought on by the immune system's overreaction. The joint condition known as Psoriatic Arthritis (PsA) is chronic and painful. It usually affects people who already have psoriasis, but anyone of any age can get it. People with PsA may also experience stiffness and joint pain: scaly, inflamed skin patches; swelling of the fingers, toes, or joints; fatigue; tender entheses, the locations where tendons and ligaments attach to the bones; furthermore, nail changes and so forth [1]. This article investigates the connection among public service announcement and the safe framework, including how this affects treatment and counteraction.

## Effect of Psoriatic Arthritis on human health

The following conditions are linked to psoriatic arthritis:

**Diabetes:** According to a 2018 study, PsA raises a person's risk of developing type 2 diabetes. People with PsA were compared to people with psoriasis and the general population by the researchers. Compared to people without psoriasis, people with PsA had a 40% higher risk of type 2 diabetes and a 50% higher risk of type 2 diabetes. There is a link between both conditions and elevated levels of chronic inflammation, despite the fact that the connection between type 2 diabetes and PsA is not entirely clear. If a person has been diagnosed with PsA, they should also get checked for type 2 diabetes, especially if they have symptoms like: heightened thirst; hazy vision; fatigue; and a sudden loss of weight, among other things. Preventing complications from type 2 diabetes can be made easier by changing one's diet and lifestyle, taking prescribed medications, and regularly monitoring one's blood sugar levels [2].

**Eye issue:** As indicated by gauges, around 7% of individuals with public service announcement foster uveitis, which is irritation of the uvea-the center layer of the eye between the retina and the sclera. Uveitis can even threaten a person's sight by causing redness, pain, and blurred vision. The skin around the eyes may also be affected by PsA. Steroids can assist with decreasing aggravation and safeguard the eyes; however they likewise make side impacts. The benefits and risks of steroid treatment should be discussed with a doctor. Conjunctivitis, also known as pink eye, is one

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type of eye infection that can occur in some people. These contaminations normally resolve all alone, yet now and again, they might require effective corticosteroids or anti-toxins [1].

**Problems with the heart:** Chronic inflammation is the result of psoriasis. This inflammation can damage blood vessels over time, increasing the likelihood of heart attack, stroke, and disease. According to the authors of a 2018 review, people with PsA have a higher risk of heart disease than people with psoriasis alone. Heart disease risk may be reduced by leading a healthy lifestyle. A heart-sound way of life incorporates: achieving or keeping a healthy weight; being active physically; maintaining a healthy diet. Taking the prescribed medications can also help lower a person's risk of developing heart disease if they have high blood pressure, high cholesterol, or type 2 diabetes [3].

**Depression:** A common symptom of PsA is severe joint pain, which can limit some people's mobility and ability to perform day-to-day activities like typing, caring for children, or cooking. A person's mental health may also be impacted. Depression and anxiety can occur in people with chronic pain. A 2017 study suggests that pain-induced depression may be more resistant to treatment than typical depression. According to another 2017 study, the prevalence of depression was 21.2 percent in 186,552 PsA patients. If a person experiences any of the following: thoughts of helplessness; loss of interest in pleasurable side interests or exercises; difficulty paying attention; irritability; fatigue. Treatment for gloom might include meds, psychotherapy, or a blend of both [2].

**Lung medical problems:** Interstitial Lung Disease (ILD) is a condition in which the lungs are damaged by chronic inflammation. A group of lung conditions that result in scarring of the lungs is referred to as ILD. This scarring causes these organs to become stiff over time, which can make breathing more difficult. Interstitial pneumonia is a possibly dangerous confusion of ILD. Interstitial pneumonia was found in 2 percent of 392 people with psoriasis, according to a 2018 study. Nonetheless, only one-fifth of the members additionally had public service announcement. Lung harm coming about because of ILD is irreversible and frequently deteriorates over the long haul. It might cause side effects, for example, difficulty breathing; ache in the chest; fatigue; sour cough. The goal of ILD treatment is to alleviate symptoms and slow the condition's progression. In spite of the fact that treatment choices might differ relying upon the particular condition and seriousness, specialists frequently suggest the accompanying: oxygen treatment; rehabilitation of the lungs; mitigating drugs, like corticosteroids [4].

**Stomach related issues:** Persistent irritation can adversely affect processing, causing medical problems, like looseness of the bowels and blockage. Individuals with public service announcement are likewise more helpless against IBD, a condition that includes irritation in the gastrointestinal system. Psoriasis and PsA were found to be linked to an increased risk of Crohn's disease and ulcerative colitis in a 2021 study. The following are symptoms of these conditions: diarrhea; abdominal pain; rectal dying; low

levels of energy; accidental weight loss. Medications that control an individual's immune response and reduce inflammation are used by doctors to treat IBD. Some of these medicines are: corticosteroids; aminosaliclates; immunomodulatory; biologics [5].

**Kidney and liver problems:** Non-alcohol-related fatty liver disease and kidney disease are more likely to occur in people with PsA. Other risk factors for liver disease, such as obesity and metabolic syndrome, may raise the risk of liver disease. Non-liquor related greasy liver infection commonly causes no side effects. However, if a person does experience symptoms, they may feel more tired than usual or have discomfort in the upper right side of their stomach. As the disease progresses, it also causes symptoms such as: chest torment; dry or irritated skin; fatigue; swelling in the legs, feet, and ankles. Since alcohol consumption can harm the liver, a doctor may advise a person to cut back on alcohol consumption if they do so. Maintaining a healthy weight and controlling blood pressure, cholesterol, and sugar levels can also help prevent kidney and liver disease [3].

**Obesity:** People with PsA have a higher prevalence of obesity, and a 2020 review indicates that people with PsA are more likely to be obese than people who only have psoriasis. Additionally, there may be a correlation between PsA severity and excess body weight. Certain medications, like biologics, may also be less effective in people with excess body weight. The Arthritis Foundation suggests that the increased number of fat cells, which contribute to the production of certain proteins that control inflammation, may be the cause of the link between obesity and PsA. Arriving at a moderate body weight can ease side effects and diminish the seriousness of public service announcement [6].

**Gout:** Gout, a type of arthritis that causes severe joint pain and swelling, is more likely to occur in PsA patients. Depending on skin tone, the ankle, feet, and toes can appear red, deep red, or purple. This is on the grounds that psoriasis and public service announcement might increment blood levels of uric corrosive, a result of irritation and high skin cell turnover, which can develop in the joints and cause gout. During a gout flare, nonsteroidal anti-inflammatory drugs (NSAIDs) can be prescribed to manage pain. An individual can likewise assist with forestalling future flares by: achieving or keeping a healthy weight; lessening liquor consumption, assuming they consume it; restricting the consumption of purine-rich foods, such as organ meats and red meat, if they are included in the diet [7].

**Skin cancer:** Researchers have found a link between psoriasis and an increased risk of non-melanoma skin cancer in PsA patients. There may likewise be a relationship between specific meds that assist with treating public service announcement and diminishing the action of the safe framework, including a few sorts of sickness changing antirheumatic drugs (DMARDs), and a more serious gamble of non-melanoma skin disease. However, the benefits of these medications probably outweigh any potential risks, despite the mixed results of the research. People can limit their gamble of skin disease by: keeping out of the sun; utilizing sunscreen; avoiding tanning inside. Additionally, if a person has a history of skin cancer or

notices any unusual moles or skin changes, regular visits to a dermatologist are recommended [5].

**Mutilative arthritis:** An uncommon form of PsA that typically affects the fingers and toes. As per gauges, it influences around 4% Trusted Wellspring of individuals with public service announcement and causes progressive deficiency of bone tissue in the impacted joints. Joint pain mutilans can cause changes in the shape or presence of the fingers and toes. It can likewise prompt a deficiency of capability in the joints, which might demolish over the long run. Physical therapy and medications to lower blood pressure may be used in early treatment, which is critical [8].

**Autoimmunity in PsA:** The body's natural defense against pathogens like bacteria, viruses, and fungi that can cause illness is a healthy immune system. For a great many people, there is balanced governance set up that assist the insusceptible framework with recognizing the body's own tissues from unfamiliar trespassers. This capacity is known as self-resilience. This ability can be lost in some people, which can result in autoimmunity. When the immune system no longer recognizes the body as its "self," autoimmunity occurs when healthy tissues are mistakenly subjected to inflammatory responses. PsA has characteristics of an autoimmune disorder because the immune system attacks skin, joints, and entheses tissues, causing pain, swelling, and inflammation. It can permanently damage the joints without treatment, limiting mobility and functionality. All autoimmune diseases are caused by an inability to tolerate one. Experts believe that a variety of factors may play a role in the loss of self-tolerance, including: genetics; injury or disease; dysregulated digestion; hormones [6].

### **Exposure to chemicals and pharmaceuticals**

They believe that a person's underlying genetics frequently predispose them to losing self-tolerance. However, this does not fully occur until an autoimmune response is triggered by a secondary trigger.

### **Suppression of immunity for PsA treatment**

Immunosuppression is a foundation of public service announcement treatment due to the role that the resistant framework plays in the disease. There are a number of medications used to treat PsA, such as immunosuppressants with both broad and specific effects. A corticosteroid or Nonsteroidal Anti-Inflammatory Drug (NSAID) is typically prescribed by doctors to begin treating pain and inflammation. A doctor may prescribe one or more Disease-Modifying Antirheumatic Drugs (DMARDs) for PsA with more severe or persistent symptoms. These are for the most part powerful. These medications focus on the underlying causes of inflammation in the immune system. One of three broad categories of DMARDs can be used to treat PsA: DMARDs, natural or manufactured; normal DMARDs, or biologics [9].

### **JAK blockers**

Traditional DMARDs are wide immunosuppressants that

work likewise to NSAIDs or corticosteroids. However, they tend to be more potent. Models incorporate methotrexate, sulfasalazine, hydroxychloroquine, and leflunomide. Key immune molecules involved in the development of PsA can be suppressed more precisely by biologics and JAK inhibitors.

### **Immunosuppression's advantages and disadvantages**

People taking PsA medications may be more likely to get serious infections because they typically suppress the immune system. All DMARDs used to treat PsA have been linked to an increased risk of infection, but biologics may pose the greatest threat, according to reports. An investigation of records from 9,305 grown-ups with psoriatic sickness found that 190 serious diseases happened with biologic therapy. PsA use is associated with a number of infections, including: pneumonia; infections of the urinary tract (UTIs); cellulitis; viral reactivation. During PsA treatment, taking certain precautions can lower the risk of contracting a serious infection. These are some: treatment for hepatitis B with an antiviral drug; distributing or updating vaccinations, such as COVID-19, influenza, and pneumococcal; the removal of some DMARDs from patients with active infections. A patient receiving PsA treatment should immediately see a doctor if they begin to exhibit illness symptoms like a fever or cough [4].

### **Invulnerable intervened inconveniences of PsA:**

Autoimmunity can develop against a variety of body tissues, despite the fact that the skin and joints may be the initial sites of PsA symptoms. Psoriatic diseases, such as PsA, are often associated with tissue damage in other parts of the body, which can lead to health issues. The following are some of the most typical immune-mediated PsA complications: provocative gut sickness; autoimmune eye conditions; coronary disease; metabolic disorders like diabetes.

**Cancer:** The goal of PsA treatment is to slow the progression of the disease, protecting not only the joints and tendons but also other organs that can be damaged by autoimmune responses.

**In PsA, supporting a healthy immune system:** As well as utilizing meds as indicated by the remedy, there are various ways that individuals with public service announcement can assist with supporting their resistant framework. Diet and exercise are the best-studied options among these. A 2020 review of seven studies with 468 participants found that people with PsA can benefit from a low-inflammatory diet to reduce inflammation, but the effects on joint symptoms were unknown. The Mediterranean diet, which emphasizes fruits, vegetables, whole grains, legumes, and heart-healthy fats, is one of the anti-inflammatory diets that have received the most research. A decrease in disease activity has been linked to greater Mediterranean diet adherence among PsA patients, according to research. A 2017 study found that after 24 weeks, people with PsA who took supplements of omega-3 fatty acids, which are naturally found in fish and olive oil, had less disease activity, less inflammation, and less need for nonsteroidal anti-inflammatory drugs (NSAIDs) [7].

People with PsA should think about trying vitamin D supplements to support their immune systems, according to the National Psoriasis Foundation. Additionally, it recommends that adults with a BMI of 25 or higher engage in more physical activity and adhere to a diet low in calories. Adults with PsA and obesity who lose weight have less disease activity, inflammation, and joint, entheses, and skin pain, according to research. Before making any significant changes to a person's diet or exercise routine, they should talk to a doctor or other medical professional for advice [10].

## CONCLUSION

Psoriatic arthritis and other psoriatic diseases are rooted in autoimmunity. It can prompt tissue harm in the joints and skin, yet in addition all through the body. Suppressing the immune system is the primary goal of PsA treatment in order to halt the progression of the disease and prevent complications from unchecked immune activity. Lifestyle modifications can assist in promoting immune health in conjunction with medical PsA treatment. The best way to help the immune system in PsA should be discussed with a doctor.

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