

Comorbidity	Screening questions	Workup
Psoriatic arthritis	<p>Do you have morning stiffness? Do you have a limp? Joint swelling/pain?</p> <p>Perform a physical exam</p> <p>Younger children tend to have oligoarthritis and/or dactylitis</p> <p>Older children tend to have enthesitis and/or axial disease</p>	<p>Refer to rheumatology, additional imaging or lab tests may be needed</p> <p>Refer to ophthalmology, risk for uveitis if have BOTH psoriasis and psoriatic arthritis</p>
Depression and anxiety	<p>What's it been like living with this disease?</p> <p>Effects can be social, emotional, physical, psychological</p> <p>Assess for environmental stressors, including second-hand cigarette smoke</p>	<p>Quality of life assessment: CDLQI (Children's dermatology life quality index)</p> <p>Psychiatric referral may be appropriate</p> <p>Significant impact on quality of life may warrant more aggressive/systemic treatment of psoriasis</p>
Obesity	<p>Evaluate BMI after age 2</p> <p>Coach the child and family members on lifestyle changes</p> <p>Body surface area involvement correlates with BMI (more adiposity → more psoriasis)</p>	<p>Check ALT every 2-3 years starting at age 9 if obese or overweight (screening for non-alcoholic fatty liver disease- NAFLD)</p> <p>Both obesity and psoriasis cause systemic inflammation by upregulation of pro-inflammatory cytokines through types 1 and 17 T-helper cells</p>
Substance abuse	<p>Screen for substance abuse starting 11-12 years of age</p>	<p>Follow the general American Academy of Pediatric Guidelines for mental health screening for substance use and abuse annually starting age 11</p>
Diabetes	<p>Pediatric psoriasis patients with obesity are more likely to have insulin resistance than those who are normal weight</p>	<p>Screen for elevated glucose every 3 years starting at age 10 years for obese children and those with risk factors for diabetes (family history, gestational diabetes, ethnic predisposition, dyslipidemia, hypertension)</p>
Hypercholesterolemia	<p>May be proportionate to Body Surface Area/PASI score</p>	<p>Check lipids from the ages of 9-11yo and again at 17-21yo, as well</p>

	Can present in young children	as in patients with higher cardiovascular risk NOTE: LDL at baseline is lower in pediatric patients, so should be taken into account
Hypertension	Part of metabolic syndrome	Check blood pressure yearly starting at age 3 For ages 0-13 HTN is systolic and/or diastolic blood pressure >95th percentile based on age, sex, and height For ages >14yo, use American Heart Association criteria for adults Follow with pediatrician for age-related cardiovascular screenings