

Measurement of serum zinc level in psoriatic patient

Mehrasa M, MD, Khodaiyani E, MD, Babaeinezhad Sh, MD.

Dermatology Department, Sina Hospital, Faculty of Medicine, Tabriz University of Medical Sciences

Introduction: Psoriasis is a noncontiguous common and chronic skin disorder. Zinc is an important cofactors and modulators of many critical biological functions in many dermatological diseases including psoriasis. However, studies evaluating the zinc levels in psoriasis have reported conflicting results. The aim of current study is to evaluate level of zinc in patients with psoriasis and its comparison with normal subjects.

Methods: In this case-control study, 50 patients with psoriasis and 100 normal subjects of their family, age and sex matched were evaluated. Serum levels of zinc were measured in all subjects and compared between groups.

Results: There was no significant difference between groups in age and gender. Psoriasis was of vulgaris type in all 50 patients. Extent of psoriasis involvement was less than 3% in 36%, 3-10% in 36% and more than 10% in 28% of cases. Zinc level was 94.60 ± 11.98 in case group and 95.12 ± 14.52 in control group, which had no significant difference between groups ($p=0.82$). Zinc level was 96.66 ± 15.27 in psoriasis with less than 3% involvement, 95.122 ± 10.29 in 3-10% involvement and 91.28 ± 8.92 in more than 10% involvement. There was no significant difference in this regard ($p=0.45$).

Conclusion: Results of current study showed that serum levels of zinc have no significant difference in patients with psoriasis compared to control group. Also, zinc levels are related to disease severity. More studies are recommended in this regard.

Keywords: Psoriasis; serum Zinc; extent of involvement