

665 **CME Questions:**

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667 A 55 year old obese male presents with plaque psoriasis with 15% BSA involvement. His
668 medical history is remarkable for diabetes, chronic kidney disease, Crohn's disease, and a history
669 of optic neuritis. Current medications include lisinopril and insulin. He is a current smoker with
670 a 35 pack-year smoking history and drinks six alcoholic drinks per week.

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672 1. Which of the following is the most appropriate and likely to be effective treatment:

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- 674 a. Methotrexate
- 675 b. Apremilast
- 676 c. Adalimumab
- 677 d. Ustekinumab
- 678 e. Secukinumab

679

680 Answer: d

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682 Discussion: Indirect comparisons of clinical trial efficacy suggest that the biologics
683 (adalimumab, ustekinumab, secukinumab) are more efficacious than oral systemic
684 (methotrexate, apremilast) medications. Additionally, the patient's alcohol intake,
685 obesity, and diabetes put him at greater risk for hepatic complications with concurrent
686 methotrexate treatment. The patient's history of optic neuritis is a relative
687 contraindication to treatment with TNF inhibitors, including adalimumab, as

688 rare cases of demyelinating disease have been reported with TNF inhibitor treatment.
689 Lastly, the patient's history of Crohn's disease is a relative contraindication to treatment
690 with secukinumab considering reports of exacerbation of inflammatory bowel disease in
691 clinical trials. Thus, ustekinumab is the most appropriate treatment choice and is
692 also the most likely to be effective for this obese patient given its weight-based dosing.

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714 2. You decide to start a biologic therapy. Which of the following evaluations or
715 interventions is not appropriate at this time?

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717 a. Hepatitis B serologies

718 b. Pneumococcal vaccine

719 c. Chest x-ray

720 d. Weight-loss counseling

721 e. Low-dose chest CT

722

723 Answer: c

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725 Discussion: The Centers for Disease Control and Prevention and the Medical
726 Board of the National Psoriasis Foundation recommend screening all patients for
727 hepatitis B infection prior to initiating immunosuppressive therapy (including biologics)
728 with triple serology and baseline liver function tests. Keeping up-to-date with
729 recommended vaccinations, including pneumonia vaccinations, is also recommended for
730 patients requiring immunosuppressive therapy per The Advisory Committee for
731 Immunization Practices and the Medical Board of the National Psoriasis Foundation.
732 Considering the increased cardiovascular risk that may be associated particularly with
733 more severe psoriasis, patients should be counseled about managing their cardiovascular

734 risk factors including weight among those who are overweight or obese. Lastly, the
735 patient's smoking history qualifies him for lung cancer screening with low dose
736 computed tomography per the U.S. Preventative Services Task Force's recommendations
737 to perform yearly screening on all individuals aged 55 to 80 with a smoking history of at
738 least 30 pack-years and who are currently smoking or quit within the last 15 years. Chest
739 x-ray is not recommended for lung cancer screening, nor is it recommended
740 for tuberculosis screening among asymptomatic individuals without evidence of latent
741 tuberculosis.

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