

## CERVICAL SPINE IN PSORIASIS

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X-rays of the cervical spines from patients with psoriasis and psoriatic arthritis were compared with similar films from a control population. Apophyseal narrowing, sclerosis, and calcification of anterior ligaments were found more commonly in patients than in controls.

**Key Words: Psoriasis, Arthritis, Cervical spine**

### Introduction

Involvement of large and small joints is common feature in psoriasis. It has also been shown that destructive changes of the cervical spine are not very uncommon.<sup>1,2</sup> Report on cervical spondylitis in psoriasis is rare, only a few cases have been reported in world literature but possibly none from India. In this article we report 20 cases of psoriatic spondylitis.

### Material and Methods

Among 20 patients selected, 15 had psoriasis alone and 5 had peripheral destructive and inflammatory arthritis with negative latex fixation test. Out of the 20 patients 15 were women and 5 men. Ages of the patients ranged from 16 to 65 years. Another group of 20 patients was selected as control, 15 of them had other degenerative peripheral joint diseases. In both the groups the presence of known ankylosing spondylitis

or rheumatoid arthritis with positive latex fixation tests were carefully excluded. The skiagrams of the cervical regions were taken in all patients and controls.

### Results

Results are shown in table I. Some of the changes observed are shown in Figures 1-3.

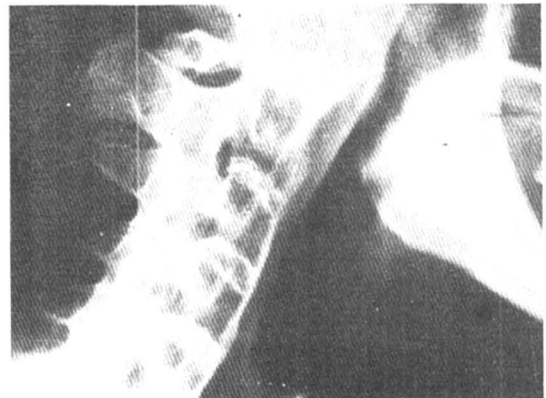


Fig. 1. Anterior longitudinal ligament calcification and partial ankylosis of the spine (lateral view, full flexion).

**Table I.** X-ray findings of the patients and controls

Case	Anterior proliferation	Apophyseal narrowing	Apophyseal sclerosis	Calcification of anterior ligament
Psoriasis	7	12	8	5
Control	6	4	3	2

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### Discussion

Anterior osteophytes were seen in both upper and lower vertebral borders. These

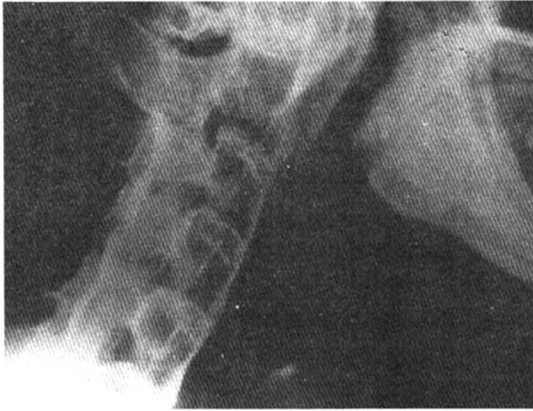


Fig. 2. Sclerosis in the margins of apophyseal joints, calcified anterior longitudinal ligaments, and syndesmophytes in C2 to C5 vertebral (lateral view, full flexion)



Fig. 3. Anterior and posterior osteophytes, sclerosis of the apophyseal joints, and diminution of disc spaces (lateral view).

changes were akin to cervical spondylosis. Diminution of the intervertebral disc spaces was seen particularly in the C5 to C7 vertebrae. Similar results are also found in the degenerative and rheumatoid arthritis. Diminished bone density as osteoporosis was noted.

Marginal erosions, occasional sclerosis and narrowing of the joint space were also found. This finding was also seen in the younger age in contrast to rheumatoid arthritis and ankylosing spondylitis in which it occurred in older age.

Seven out of 10 patients with psoriasis and deforming arthritis which was not considered to be coincidental rheumatoid arthritis had cervical involvement.<sup>3</sup> Present study supports the ideas of Fletcher<sup>4</sup> that there is an entity called psoriatic spondylitis analogous to psoriatic arthritis of peripheral joints.

## References

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