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### Original Article

#### THE SIGNIFICANCE OF STRESS HORMONES IN PSORIASIS

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#### Abstract:

Psoriasis is a chronic, non-contagious skin condition characterized by inflamed and scaly lesions of skin. Whilst the pathogenesis of psoriasis is not known, psychological stress has been implicated as a potential trigger in the onset and exacerbation of the condition. Psychiatric and psychological factors play an important role in at least 30% of dermatologic disorder and pathophysiologic link between psychological stress (PS) and disease expression remains unclear. Recent studies demonstrated PS-induced alterations in permeability barrier homeostasis, mediated by increased endogenous glucocorticoids. As activation of the hypothalamic pituitary adrenal axis (HPA) is critical to a successful stress response, we investigated this in patients with psoriasis. This study was performed on 55 patients (40 females and 15 males) visited our clinic for treatment of psoriasis in pharmacology department. We measured the rate of activation of HPA by hormonal changes. These patients displayed higher fasting blood sugar (FBS), epinephrine (Ep), adrenocorticotropin hormone (ACTH), aldosterone, prolactin, growth hormone and estradiol hormones value but diminished cortisol and corticotropin releasing factor (CRF). These results show that HPA and psychoneuroendocrine hormones have a significant role in psoriasis.

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