Abstract N°: ID-835

Topic: Psoriasis

Real-world Clinical Experience with Brodalumab in the Treatment of Moderate-to-Severe Psoriasis: A Series of 43 Patients.

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Introduction
Psoriasis is a chronic inflammatory disease with a significant impact on quality of life and associated with multiple comorbidities. Among available therapeutic options, brodalumab, a monoclonal antibody targeting the IL-17R receptor, stands out. Although approved in Europe in 2017, its real-world clinical experience remains limited.

Objectives: To evaluate the efficacy, improvement in quality of life, and safety of brodalumab in real-world clinical practice over 52 weeks.

Materials and Methods
A retrospective observational study was conducted in adult patients with moderate-to-severe psoriasis treated with brodalumab at a single center. Demographic data and clinical characteristics were recorded at baseline and at weeks 4, 12, 24, 36, and 52 after starting treatment. Clinical effectiveness was assessed using the Psoriasis Area and Severity Index (PASI). Quality of life (QoL) was measured with the Dermatology Life Quality Index (DLQI), and pruritus intensity was evaluated using the Visual Analogue Scale (VAS). The influence of body mass index (BMI) on treatment response was also analyzed

Results
A total of 43 patients diagnosed with moderate-to-severe plaque psoriasis, with baseline scores of PASI 9.6, DLQI 19.6, and VAS-pruritus 4.4, were treated with brodalumab according to the product label. At week 4, PASI showed a mean reduction of 64.8% compared with baseline, reaching a 92.7% reduction at week 52. Regarding quality of life, DLQI decreased by 77% at week 4 and by 91% at week 52.
Pruritus intensity declined on average by 77.4% at week 4 and by 99.2% at the end of follow-up. At week 52, no differences in PASI values were observed between patients with BMI <30 and those with BMI ≥30. Over the study period, 9 patients (20.43%) discontinued treatment, 5 of them due to loss of efficacy.

Conclusions
Brodalumab demonstrated favorable efficacy and safety in moderate-to-severe psoriasis, with sustained improvements in PASI and DLQI over 52 weeks, without BMI influencing treatment response.