Psoriasis:
Clinical Endpoints, Safety Concerns, and Therapeutic Innovations

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Introduction

Psoriasis, a prevalent and persistent skin condition, manifests as red, scaly plaques that significantly affect individuals' physical and psychological health.

Historically, treatments for psoriasis were primarily symptomatic, focusing on alleviating visible skin symptoms without addressing the underlying causes of the disease.

As medical science progressed, especially with advancements in immunology and genetics, the pathophysiological understanding of psoriasis significantly deepened. Researchers identified that psoriasis is primarily an immune-mediated disease, characterized by dysregulation of the immune system, particularly involving T cells and the cytokines they produce, such as tumor necrosis factor (TNF) and interleukin-17 (IL-17). This discovery was pivotal because it redirected the focus of treatment development towards the immune system, leading to the creation of biologic therapies that target specific components of the immune response.

This shift in understanding and treatment has also broadened the scope of research into psoriasis. There is a growing emphasis on personalized medicine, which aims to tailor treatments based on individual genetic, immunologic, and environmental factors. This approach hopes to optimize therapeutic efficacy and minimize adverse effects, making treatment more patient-specific and effective.

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Key Characteristics and Factors

Key Characteristics

- **Chronic Skin Condition:** A long-lasting, non-contagious autoimmune disease that primarily affects the skin.
- **Plaque Formation:** The most common form of psoriasis is plaque psoriasis, which is characterized by raised areas of inflamed skin covered with silvery-white scaly skin. These plaques are typically itchy and sometimes painful.
- **Common Sites on the Body:** Plaques most often appear on the scalp, knees, elbows, and lower back, but can occur on any part of the body, including the genitals and inside the mouth.
- **Variable Severity:** Psoriasis varies greatly from person to person in terms of the extent of skin involved and the intensity of the symptoms. It can range from minor localized patches to complete body coverage.
- **Associated Conditions:** Many people with psoriasis also develop psoriatic arthritis, which causes joint pain, stiffness, and swelling. Additionally, psoriasis is associated with other serious health conditions, such as cardiovascular disease, metabolic syndrome, and depression

Factors

- **Biological Factors:**
  The pathogenesis of psoriasis is complex and involves multiple biological pathways. Key factors include genetic predisposition, immune system dysfunction, and skin cell proliferation. Several genes have been identified that increase susceptibility to psoriasis.
- **Psychological Factors:**
  Psoriasis significantly impacts psychological well-being. The visible nature of the disease can lead to social stigma, anxiety, and depression. Psychological stress is not only a consequence of psoriasis but can also exacerbate the disease.
- **Environmental Factors:**
  Environmental triggers play a crucial role in the onset and flare-ups of psoriasis. These include skin trauma, infections, weather changes, and certain medications. Lifestyle factors such as smoking, alcohol consumption, and obesity are also known to influence the severity and course of the disease.

ICD-11 Codes and Diagnostic Criteria

ICD-11 Codes for Psoriasis

Psoriasis is classified under various subcategories in the ICD-11 to reflect its diverse manifestations. This classification is crucial for epidemiological studies, healthcare planning, and management, as it ensures that healthcare professionals across the globe are consistent in how they identify and treat psoriasis.

- **EA90.Z** - Psoriasis of unspecified type
- **EA90.Y** - Other specified forms of psoriasis
- **EA90.0** - Plaque psoriasis
- **EA90.53 & XA78U5** - Vulval psoriasis
- **EA90.52** - Flexural and intertriginous psoriasis
- **EA90.53 & XA7QV2** - Penile psoriasis
- **EA90.4Z** - Pustular psoriasis, unspecified
- **EA90.2** - Unstable psoriasis
- **EH40.02** - Psoriasiform napkin dermatitis
- **EA90.51** - Nail psoriasis
- **EA90.3** - Erythrodermic psoriasis
- **EA90.50** - Scalp psoriasis
- **EA90.1** - Guttate psoriasis

Diagnostic Criteria

- **Skin Plaques:** Psoriasis typically presents as red patches of skin covered with thick, silvery scales. These plaques often appear on the scalp, elbows, knees, and back but can occur anywhere.
- **Nail Changes:** Many people with psoriasis have nail abnormalities, including pitting, thickening, and discoloration.
- **Joint Pain:** Psoriatic arthritis involves joint symptoms ranging from mild stiffness to severe pain and swelling.

Evolution of Diagnostic Criteria:

The criteria for diagnosing psoriasis have evolved significantly as understanding of the disease has deepened. Initially, diagnosis was largely based on the visible symptoms and patient reporting. However, as medical research has advanced, so have the diagnostic techniques. Modern diagnostics now include genetic testing, which can identify markers linked to psoriasis, and advanced imaging techniques like high-resolution ultrasonography and MRI to assess the severity and depth of skin involvement.

Epidemiology of Psoriasis

Age Distribution

Psoriasis can occur at any age, but typically presents in two peaks. The first peak is in early adulthood, between ages 15-25, and the second peak occurs later in life, between ages 50-60. However, the onset and severity can vary widely among individuals, influencing treatment approaches and long-term management strategies.

Racial and Ethnic Backgrounds

The prevalence of psoriasis varies significantly among different racial and ethnic groups. It is most common in Caucasians, with an estimated prevalence of 2-3% in Western populations. In contrast, psoriasis is less common in African, Hispanic, and Asian populations. These variations may be attributed to genetic differences as well as environmental and lifestyle factors.

Geographic Location

Geographical variation in psoriasis prevalence is also notable. Higher rates are found in colder, less sunny climates, which may exacerbate symptoms. This is contrasted with lower prevalence rates in warmer, sunnier regions where increased sunlight exposure may help alleviate symptoms. Understanding these geographic trends helps in predicting disease burden and planning health resources accordingly.

Genetic Predisposition

Psoriasis has a strong genetic component, with approximately one-third of patients having a family history of the disease. Multiple genes are associated with psoriasis, contributing to its complex genetic inheritance pattern. The most significant genetic region associated with psoriasis is the PSORS1 locus on chromosome 6p21, which affects immune system function.

- **Genetic Localization:** HLA-Cw6 is located within the 6p21 region. This localization is significant because the density and variety of immune-related genes in this area contribute to the complex genetic basis of immune-mediated disorders like psoriasis.
- **Disease Susceptibility:** The presence of HLA-Cw6 has been found to increase susceptibility to psoriasis.

Environmental Factors

Environmental triggers play a crucial role in the onset and exacerbation of psoriasis. These include stress, skin trauma, infection, and certain medications. Lifestyle factors such as smoking, alcohol consumption, and obesity have also been linked to the severity of psoriasis. Addressing these factors can be an important part of managing the disease.

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Pivotal Endpoints in Psoriasis Clinical Trials

1. Psoriasis Area and Severity Index (PASI):

PASI is the most widely used quantitative tool in clinical trials for psoriasis. It assesses the severity of redness, thickness, and scaling of lesions, and the area affected by these lesions, providing a score ranging from 0 to 72.

2. Body Surface Area (BSA):

BSA measures the percentage of the body affected. It is simpler than PASI and gives an intuitive understanding of impact. Changes in BSA during treatment provide a clear, visual indication of improvement or worsening.

3. Physician's Global Assessment (PGA):

PGA is a global rating by the clinician that reflects the overall disease severity at the time of assessment. PGA provides a clinician's holistic view of the disease state, complementing more detailed or patient-reported measures.

4. Psoriatic Arthritis Screening and Evaluation (PASE) Score:

A questionnaire used to identify symptoms of psoriatic arthritis in patients with psoriasis. It assesses joint pain, stiffness, and physical function.

5. Dermatology Life Quality Index (DLQI):

Assesses the impact of skin disease on the quality of life over the previous week. Consists of 10 questions covering symptoms, feelings, daily activities, leisure, work or school, personal relationships, and treatment.

6. Psoriasis Scalp Severity Index (PSSI):

Specifically measures the severity of psoriasis on the scalp. The index evaluates the extent of scalp area affected and the severity of scaling, erythema (redness), and plaque thickness.

7. Total Symptom Score (TSS):

Summarizes the severity of individual symptoms such as itching, burning, and pain into a single, comprehensive score. Each symptom (itching, burning, pain) is rated on a scale, typically from 0 to 3 or 4.

8. Time to Relapse:

Measures the duration from treatment cessation or completion to the recurrence of psoriasis symptoms. An essential endpoint for assessing the long-term efficacy of treatments and the durability of patient response.

Challenges in Determining Endpoints in Psoriasis Clinical Trials

1. Psoriasis Area and Severity Index (PASI):

- **Subjectivity:** Assessing the severity and coverage of lesions can be subjective, leading to variability in scores.
- **Training Requirements:** Accurate PASI scoring requires extensive training and experience, which can be a barrier in multicenter trials where consistency is key.

2. Body Surface Area (BSA):

- **Simplicity vs. Detail:** While BSA is easier to calculate than PASI, it lacks the detail provided by PASI regarding lesion severity.
- **Visual Estimates:** Estimating the percentage of BSA affected can be imprecise, especially for mild or very extensive cases.

3. Physician's Global Assessment (PGA):

- **Inter-rater Variability:** PGA scores can differ significantly between clinicians due to its subjective nature.
- **Lack of Specificity:** The PGA provides a broad overview but may not capture specific changes in disease severity or symptoms.

4. Psoriatic Arthritis Screening and Evaluation (PASE) Score:

- **Complexity in Non-Dermatologists:** Scoring may be challenging for researchers or clinicians who are not rheumatologists or unfamiliar with musculoskeletal assessments.

5. Dermatology Life Quality Index (DLQI):

- **Cultural Bias:** Responses can be influenced by cultural differences, affecting the reliability of data across regions.
- **Subjective Assessment:** As a questionnaire, DLQI relies heavily on patient perception, which can fluctuate.

6. Psoriasis Scalp Severity Index (PSSI):

- **Access to Scalp:** Evaluating the scalp can be difficult, especially with varying hair types and lengths.
- **Scalp-Specific Focus:** While PSSI does not address other body areas, potentially overlooking the comprehensive impact.

7. Total Symptom Score (TSS):

- **Variability in Symptom Experience:** Symptoms like itching, burning, and pain are highly subjective and can be influenced by external factors such as weather, stress, and pain thresholds.
- **Reliance on Patient Reporting:** Accuracy depends heavily on patient honesty and their ability to consistently quantify symptoms.

8. Time to Relapse:

- **Long-Term Follow-Up:** Requires extended follow-up periods, which can increase the duration and cost of clinical trials and potentially lead to higher dropout rates.

Five FDA-Approved Drugs for Psoriasis

Drug Name	Year of Approval	Sponsor	Mechanism of Action	Therapeutic Effects
Siliq	2017	Valeant	Binds to and inhibits interleukin (IL)-17 receptor A	Reduces skin inflammation and plaque formation
Taltz	2016	Eli Lilly	Binds to and inhibits interleukin (IL)-17A	Reduces skin lesions and improves skin clearance
Sotyktu	2022	Bristol Myers Squibb	Inhibits tyrosine kinase 2 (TYK2)	Improves skin clarity and symptom management
Bimzelx	2023	UCB	Inhibits interleukin (IL)-17A and IL-17F	Decreases inflammation and plaque psoriasis severity
Cosentyx	2015	Novartis	Targets and inhibits interleukin (IL)-17A	Significantly reduces psoriasis symptoms

Approved Product Analysis for Siliq

Clinical Trial Evaluating SILIQ for the treatment of moderate to severe plaque psoriasis

Trial	Endpoint	Scales Used	Timepoint	Sample Size	Treatment Arms	Magnitude of Improvement
Trial 1	PASI 75, PASI 100, sPGA Success, sPGA Clear	PASI, sPGA	12 weeks	SILIQ: N=222, Placebo: N=220	SILIQ 210 mg Q2W, Placebo	PASI 75: 83% vs 3%, PASI 100: 42% vs <1%, sPGA Success: 76% vs 1%, sPGA Clear: 42% vs <1%
Trial 2	PASI 75, PASI 100, sPGA Success, sPGA Clear	PASI, sPGA	12 weeks	SILIQ: N=612, Ustekinumab: N=300, Placebo: N=309	SILIQ 210 mg Q2W, Ustekinumab, Placebo	PASI 75: 86% vs 70% vs 8%, PASI 100: 44% vs 22% vs 1%, sPGA Success: 79% vs 61% vs 4%, sPGA Clear: 45% vs 21% vs 1%
Trial 3	PASI 75, PASI 100, sPGA Success, sPGA Clear	PASI, sPGA	12 weeks	SILIQ: N=624, Ustekinumab: N=313, Placebo: N=315	SILIQ 210 mg Q2W, Ustekinumab, Placebo	PASI 75: 85% vs 69% vs 6%, PASI 100: 37% vs 19% vs <1%, sPGA Success: 80% vs 57% vs 4%, sPGA Clear: 37% vs 19% vs <1%

Approved Product Analysis for Taltz

Adult Plaque Psoriasis

Endpoint	Scales Used	Timepoint	Sample Size	Treatment Arms	Trial 1 Results	Trial 2 Results	Trial 3 Results
sPGA of "0" or "1"	sPGA	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 82%, Placebo: 3%	TALTZ: 83%, Placebo: 2%	TALTZ: 81%, Placebo: 7%
sPGA of "0" (Clear)	sPGA	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 37%, Placebo: 0%	TALTZ: 42%, Placebo: 1%	TALTZ: 40%, Placebo: 0%
PASI 75	PASI	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 89%, Placebo: 4%	TALTZ: 90%, Placebo: 2%	TALTZ: 87%, Placebo: 7%
PASI 90	PASI	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 71%, Placebo: 1%	TALTZ: 71%, Placebo: 1%	TALTZ: 68%, Placebo: 3%
PASI 100	PASI	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 35%, Placebo: 0%	TALTZ: 40%, Placebo: 1%	TALTZ: 38%, Placebo: 0%
Itch NRS Improvement	Itch NRS	12 weeks	T1: TALTZ N=433, P N=431 T2: TALTZ N=351, P N=168 T3: TALTZ N=385, P N=193	T1, T2, T3: TALTZ 80 mg Q2W vs. Placebo	TALTZ: 86%, Placebo: 16%	TALTZ: 85%, Placebo: 14%	TALTZ: 83%, Placebo: 21%

Approved Product Analysis for Taltz (cont.)

Pediatric Plaque Psoriasis

Trial Name	Endpoint	Scales Used	Timepoint	Sample Size	Treatment Arms	Magnitude of Improvement
IXORA-Peds	- sPGA score of "0" or "1" with ≥2 point improvement - PASI 75 - PASI 90 - PASI 100 - Itch NRS Improvement	- sPGA - PASI - Itch NRS	12 weeks	171	- <25 kg: TALTZ 40 mg initial, 20 mg Q4W - 25-50 kg: TALTZ 80 mg initial, 40 mg Q4W - >50 kg: TALTZ 160 mg initial, 80 mg Q4W - Placebo	- sPGA "0" or "1": Proportion achieved - PASI 75: Proportion achieved - PASI 90: Proportion achieved - PASI 100: Proportion achieved - Itch NRS: ≥4 point reduction

Approved Product Analysis for Sotyktu

Trial	Endpoint	Scales Used	Timepoint	Sample Size	Treatment Arms	Magnitude of Improvement
PSO-1 & PSO-2	sPGA score of 0 or 1 with ≥2-grade improvement	sPGA	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo, Apremilast 30 mg BID	Proportion of subjects achieving endpoint vs. Placebo
PSO-1 & PSO-2	PASI 75	PASI	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo, Apremilast 30 mg BID	Proportion of subjects achieving at least 75% improvement
PSO-1 & PSO-2	PASI 90	PASI	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo	Proportion of subjects achieving at least 90% improvement
PSO-1 & PSO-2	PASI 100	PASI	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo	Proportion of subjects achieving 100% improvement
PSO-1 & PSO-2	sPGA 0	sPGA	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo	Proportion of subjects achieving sPGA score of 0
PSO-1 & PSO-2	ss-PGA 0/1 with ≥2-grade improvement	ss-PGA	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo	Proportion of subjects with scalp severity improvement
PSO-1 & PSO-2	PSSD Symptom Score 0	PSSD	Week 16	1,684 subjects	SOTYKTU 6 mg QD, Placebo	Proportion of subjects symptom-free

Approved Product Analysis for Bimzelx

Trial	Endpoint	Time Point	Sample Size	Patient Demographics	Magnitude of Improvement
Trial-Ps-1	sPGA (0 or 1 with at least a 2-grade improvement), PASI 75, PASI 90, PASI 100	Week 52	567	Age: 45, 71% Male, 84% White, Median PASI: 18, BSA: 20%, 33% with severe IGA, 93% with scalp psoriasis, 26% with psoriatic arthritis, 38% had prior biologic therapy	placebo group switched to BIMZELX at Week 16
Trial-Ps-2	PASI 90 (Randomized withdrawal period to assess response maintenance)	Week 56	435	Age: 45, 71% Male, 84% White, Median PASI: 18, BSA: 20%, 33% with severe IGA, 93% with scalp psoriasis, 26% with psoriatic arthritis, 38% had prior biologic therapy	PASI 90 responders at Week 16 entered maintenance or withdrawal; others received rescue treatment
Trial-Ps-3	sPGA, PASI 75/90/100 (BIMZELX continuation vs. adalimumab transition to BIMZELX)	Week 56	478	Age: 45, 71% Male, 84% White, Median PASI: 18, BSA: 20%, 33% with severe IGA, 93% with scalp psoriasis, 26% with psoriatic arthritis, 38% had prior biologic therapy	Direct comparison between continuous BIMZELX and transition from adalimumab to BIMZELX

Approved Product Analysis for Taltz

Adult Plaque Psoriasis

Trial	Endpoint	Timepoint	Sample Size	Treatment Arms	Magnitude of Improvement
PsO1	PASI 75 response	Week 12	COSENTYX 300 mg: 245, 150 mg: 245, Placebo: 248	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 82% (200/245), 150 mg: 71% (174/245), Placebo: 4% (11/248)
PsO1	IGA of clear or almost clear	Week 12	COSENTYX 300 mg: 245, 150 mg: 245, Placebo: 248	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 65% (160/245), 150 mg: 51% (125/245), Placebo: 2% (6/248)
PsO2	PASI 75 response	Week 12	COSENTYX 300 mg: 327, 150 mg: 327, Placebo: 326	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 76% (249/327), 150 mg: 67% (219/327), Placebo: 5% (16/326)
PsO2	IGA of clear or almost clear	Week 12	COSENTYX 300 mg: 327, 150 mg: 327, Placebo: 326	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 62% (202/327), 150 mg: 51% (167/327), Placebo: 3% (9/326)
PsO3	PASI 75 response	Week 12	COSENTYX 300 mg: 59, 150 mg: 59, Placebo: 59	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 75% (44/59), 150 mg: 69% (41/59), Placebo: 0% (0/59)
PsO3	IGA of clear or almost clear	Week 12	COSENTYX 300 mg: 59, 150 mg: 59, Placebo: 59	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 68% (40/59), 150 mg: 53% (31/59), Placebo: 0% (0/59)
PsO4	PASI 75 response	Week 12	COSENTYX 300 mg: 60, 150 mg: 61, Placebo: 61	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 87% (52/60), 150 mg: 70% (43/61), Placebo: 3% (2/61)
PsO4	IGA of clear or almost clear	Week 12	COSENTYX 300 mg: 60, 150 mg: 61, Placebo: 61	COSENTYX 300 mg, 150 mg, Placebo	300 mg: 73% (44/60), 150 mg: 52% (32/61), Placebo: 0% (0/61)

Approved Product Analysis for Taltz

Pediatric Plaque Psoriasis

Trial	Endpoint	Timepoint	Sample Size	Patient Demographics	Treatment Arms	Magnitude of Improvement
Trial PsO6	IGA of clear or almost clear	Week 12	COSENTYX: 86, Placebo: 82	Pediatric, severe plaque psoriasis, weight-based dosing	COSENTYX 75 mg (<50 kg), 150 mg (≥50 kg); Placebo	COSENTYX: 56% clear or almost clear, Placebo: 5%
Trial PsO6	PASI 75 response	Week 12	COSENTYX: 86, Placebo: 82	Body weight <50 kg: COSENTYX 22, Placebo 20; ≥50 kg: COSENTYX 21, Placebo 21	COSENTYX 75 mg (<50 kg), 150 mg (≥50 kg); Placebo	COSENTYX: 70% achieved PASI 75, Placebo: 15%
Trial PsO6	PASI 90 response	Week 12	COSENTYX: 86, Placebo: 82	Subjects were candidates for systemic therapy, median PASI at baseline was 26	COSENTYX 75 mg for <50 kg and 150 mg for ≥50 kg; Placebo	COSENTYX: 60% achieved PASI 90, Placebo: 2%

The Challenging Journey to Drug Market Approval: An Overview

Name of Drug	Clinical Trial Identifier	Findings
Adalimumab	NCT01181570	• Adalimumab shows no improvement in the treatment of psoriasis in subjects with Obstructive sleep apnea (OSA).
Voclosporin	NCT00408187	• Voclosporin is not statistically non-inferior to cyclosporine in terms of efficacy.
Infliximab	NCT00358670	• Trial terminated due to adverse events.
Secukinumab	NCT02745080	• Specific to this trial, Secukinumab did not meet statistical significance for superiority versus adalimumab in the primary endpoint of ACR20 response at week 52.
Etanercept	NCT01313221	• Significant differences in PASI responses between the 2 groups (Etanercept 50 mg BIW and Etanercept 50 mg QW + Topical) were not observed in adult subjects with moderate to severe plaque psoriasis.

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Unique Failure Points in Psoriasis Clinical Trials

1. Heterogeneity in Disease Presentation:

Psoriasis manifests in various forms and severities, which can change over time even within the same individual. This heterogeneity makes it difficult to standardize treatment effects across a diverse participant population.

2. Inadequate Blinding and Placebo Effects:

Effective blinding can be challenging in dermatological trials, especially those involving topical treatments where differences in texture, smell, or color may give away the treatment type.

3. Relapse and Flare Management:

Psoriasis is characterized by relapses and flares, which can occur spontaneously or due to external triggers. Managing and predicting these episodes within the structured environment of a clinical trial is challenging.

4. Scalp and Nail Psoriasis Underrepresentation:

Clinical trials often focus on plaque psoriasis, underrepresenting subtypes like scalp and nail psoriasis, which may respond differently to treatments.

5. Patient Adherence and Retention Challenges:

Psoriasis treatments, particularly topical applications or systemic treatments requiring frequent dosing, can be cumbersome, affecting patient adherence.

6. Biological and Targeted Therapy Resistance:

Over time, patients can develop resistance to biological therapies, particularly if these agents are monoclonal antibodies targeting specific immune pathways.

Safety Concerns and Standard of Care

Safety Concerns

Psoriasis treatments range from topical agents to systemic therapies and biologics, each with specific safety profiles that must be carefully considered:

- **Topical Treatments:** Skin atrophy, irritation, and potential systemic absorption leading to broader side effects with prolonged use of potent corticosteroids.
- **Phototherapy:** Increased risk of skin aging and skin cancer, particularly melanoma and non-melanoma skin cancers. The need for long-term monitoring of skin health is essential.
- **Systemic Non-Biologic Therapies:** Hepatotoxicity with methotrexate, renal impairment and hypertension with cyclosporine, and teratogenic effects and hyperlipidemia with acitretin. Regular monitoring of liver and kidney function is crucial.
- **Biologic Therapies:** Increased risk of infections, potential for developing malignancies, and rare cases of demyelinating disorders. Patients on biologics require regular screening for tuberculosis and ongoing vigilance for signs of infection.

Standard of Care

The standard of care in psoriasis treatment involves a stepwise approach tailored to disease severity and patient-specific factors:

- **Mild Psoriasis**

  First-Line Treatments: Topical therapies are typically sufficient for mild cases, focusing on minimizing symptoms with the least potential for side effects.
- **Moderate to Severe Psoriasis**

  First-Line Treatments: Systemic therapies are introduced when topical treatments are inadequate. Phototherapy is also considered a valuable option for extensive disease.
- **Refractory Psoriasis**

  Approach: For patients who do not respond to standard systemic therapies, biologics offer a targeted approach to modulate the immune system more precisely.
- **Holistic Psoriasis**

  Lifestyle Adjustments: Diet, stress management, and cessation of smoking and alcohol can impact the disease's course.

  Support: Education and psychological support are integral.

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Enhancing Clinical Trial Protocols: Towards FDA Approval

Securing approval from the FDA for new Psoriasis treatments requires meticulous planning and execution of clinical trials.

1. Incorporate Biomarkers:

Use biomarkers for patient selection to ensure that the trial participants are those most likely to benefit. This stratification can help in demonstrating the efficacy of the drug more effectively.

2. Adaptive Trial Designs:

Implement adaptive designs that allow for modifications based on interim results, such as dose adjustments or changes in enrollment criteria.

3. Patient-Centric Approaches:

Integrate patient-reported outcomes and quality of life assessments into the trial design to capture the broader impact of treatments.

4. Enhanced Safety Monitoring:

Establish rigorous safety monitoring protocols, especially for long-term effects and rare adverse events.

5. Regulatory Engagement:

Maintain ongoing communication with the FDA throughout the trial process, seeking feedback during protocol development and after preliminary results.

6. Digital and Remote Monitoring Technologies:

Leverage digital health technologies, such as mobile apps and wearable devices, for real-time data collection and patient monitoring.

7. Multidisciplinary Collaboration:

Formulate trial protocols in collaboration with a multidisciplinary team including dermatologists, rheumatologists, and patient advocacy groups.

8. International Harmonization:

Design protocols that meet not only FDA requirements but also those of other major regulatory agencies like the EMA (European Medicines Agency).

Notable Key Opinion Leaders in Psoriasis Research

Name	Specialty	Designation	Location	Brief Bio
Assoc. Prof. Anna Braue MBBS, MMed, FACD	Dermatology	Consultant Dermatologist, The Royal Melbourne Hospital	Victoria, Australia	Associate Professor Anna Braue is a prominent dermatologist based in Melbourne, currently serving at the Royal Melbourne Hospital (RMH) and Mentone Dermatology. At RMH, she is deeply involved in clinical care, training dermatology registrars, and conducting dermatological research. She is a Fellow of the Australasian College of Dermatologists (FACD) and has significantly contributed to the field through her work on biological therapies for psoriasis and her involvement in the Australasian Psoriasis Registry
Assoc. Prof. Con Doliantis MBBS, MMed, FACD	Dermatology	Associate Professor, The Royal Melbourne Hospital	Victoria, Australia	Associate Professor Con Dolianitis is a distinguished dermatologist at the Royal Melbourne Hospital (RMH) and also practices at the Melbourne Dermatology Clinic. He specializes in the early detection and treatment of melanoma and other skin cancers, as well as the management of severe psoriasis with biological therapies. In recognition of his expertise, Con Dolianitis has been involved in teaching and supervising dermatology trainees and medical students at the University of Melbourne.
Assoc. Prof. Amanda Saracino MBBS, BMedSc, FACD	Dermatology	Associate Professor, Melbourne Dermatology Clinic	Victoria, Australia	Assoc. Prof Amanda Saracino is a Fellow of the Australasian College of Dermatologists and Associate Professor with University College London (UCL). She is also recognized as a consultant Dermatologist by the Royal College of Physicians and General Medical Council in the UK and is an international Fellow of the American Academy of Dermatologists. Amanda provides expert care for all skin conditions such as acne, rosacea, eczema, psoriasis and skin cancer / mole checks.
Dr. Tasos Stavrakoglou MBBS, FACD	Dermatology	Consultant Dermatologist, The Alfred Hospital	Victoria, Australia	Dr. Tasos Stavrakoglou is a consultant dermatologist at The Alfred Hospital in Melbourne, where he is actively involved in teaching dermatology trainees and medical students. He has over 20 years of experience in the field, specializing in skin cancer management and dermatological surgery. He has published multiple articles in peer-reviewed journals and served as a core member of the North West London Multidisciplinary Skin Cancer Network.
Dr. Helena Lolatgis MBBS, FACD	Dermatology	Consultant Dermatologist, Melbourne Dermatology Clinic	Victoria, Australia	Dr. Helena Lolatgis is a consultant dermatologist and Fellow of the Australasian College of Dermatologists, practicing in Melbourne. Dr. Lolatgis has contributed to the field through numerous research publications in the Australasian Journal of Dermatology, reflecting her commitment to advancing dermatological knowledge and practice. Her areas of expertise include women's and pediatric dermatology, acne, rosacea, eczema, psoriasis, and skin cancer detection and management.

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Dr Sud Agarwal
Chief Executive Officer
BSc (Hons), MB ChB FANZCA DDU
dr.sudhanshu@ingenucro.com

Adam Moodie
Director, Scientific Engagement
BSc
adam.moodie@ingenucro.com

Unit 22, 456 St Kilda Road, Melbourne, 3004

www.ingenuCRO.com