

Combining biologic and phototherapy treatments for moderate-to-severe psoriasis

10 August 2016

The review, entitled "Combining biologic and phototherapy treatments for psoriasis: safety, efficacy, and patient acceptability," was carried out by a group of researchers in the USA. They conducted an extensive PubMed search for studies that evaluated the safety and efficacy of the combination of biologic and narrowband ultraviolet B (NBUVB) phototherapy to treat moderate-to-severe psoriasis.

In total, 9 out of 10 studies demonstrated favorable efficacy and safety for combining biologic and phototherapy, especially significant because subsets of patients who don't respond adequately to nonbiologic therapy are commonly encountered.

Lead author Dr Benjamin Farahnik from the University of Vermont College of Medicine said, "Although no regimen involving the combination of a biologic agent and phototherapy has been approved for the management of moderate-to-severe psoriasis, [combination therapy](#) appears to be a viable clinical strategy, especially for psoriasis unresponsive to monotherapy. NBUVB in combination with biologics appears to be especially effective.

He continued, "Skillfully combining [biologic agents](#) with nonbiologic treatments broadens the armamentum for the long-term control of [psoriasis](#) without much increase in risks. Nevertheless, further studies are required to assess the long-term safety and efficacy of such combinations."

More information: Benjamin Farahnik et al, Combining biologic and phototherapy treatments for psoriasis: safety, efficacy, and patient acceptability, *Psoriasis: Targets and Therapy* (2016). [DOI: 10.2147/PTT.S98952](https://doi.org/10.2147/PTT.S98952)

Provided by Dove Medical Press

APA citation: Combining biologic and phototherapy treatments for moderate-to-severe psoriasis (2016),

August 10) retrieved 11 October 2022 from <https://medicalxpress.com/news/2016-08-combining-biologic-phototherapy-treatments-moderate-to-severe.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.