

Psoriasis and endometriosis

Recent research has shed light on a possible connection between psoriasis and endometriosis. While these conditions may appear unrelated at first glance, emerging evidence suggests there may be important links, particularly when psoriasis is accompanied by joint involvement.

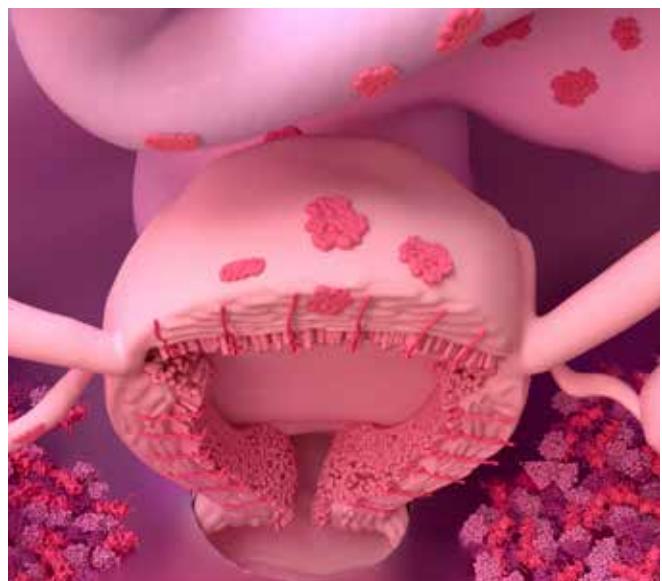
What is endometriosis?

Endometriosis affects women and is a condition in which tissue similar to the lining of the uterus grows outside the womb. This can result in significant pelvic pain, heavy menstrual bleeding, and, in some cases, infertility.

What does the research show?

A large-scale study, following over 100,000 women for more than 20 years, investigated the relationship between psoriasis, psoriatic arthritis, and endometriosis. The key findings were as follows:

- psoriasis alone does not appear to increase the risk of developing endometriosis;
- psoriatic arthritis (psoriasis with joint pain and swelling) is associated with approximately double the risk of developing endometriosis compared to women without these conditions;
- the association is primarily in one direction: women with psoriatic arthritis are more likely to develop endometriosis, but women with endometriosis are not necessarily at higher risk of developing psoriasis or psoriatic arthritis.



What is the link?

Both psoriasis (particularly psoriatic arthritis) and endometriosis involve immune system dysregulation and chronic inflammation. In both conditions, the immune system can mistakenly target the body's tissues, leading to pain and other symptoms. Researchers believe that shared genetic and immunological factors may explain why these diseases sometimes occur together.

If you have psoriasis and begin to experience joint pain or swelling, it is important to inform your healthcare provider, as this may indicate the development of psoriatic arthritis. Additionally, if you experience symptoms such as severe menstrual pain or difficulty conceiving, it may be worthwhile to discuss the possibility of endometriosis with your doctor.

Why is this important?

Both psoriasis (especially with joint involvement) and endometriosis can significantly impact quality of life, causing pain, fatigue, and emotional distress. Awareness of the potential connection between these conditions can facilitate earlier diagnosis and more effective management.

Conclusion

In summary, while psoriasis on its own does not appear to increase the risk of endometriosis, women who develop psoriatic arthritis may face a significantly higher likelihood of experiencing both conditions. This connection highlights the important role of the immune system and inflammation in both diseases. For individuals living with psoriasis, especially those who notice new joint symptoms or severe menstrual pain, open communication with healthcare providers is essential.

Early recognition and comprehensive management can help improve quality of life and ensure that both conditions are addressed promptly and effectively. Staying informed and proactive are key to achieving the best possible health outcomes. If you have psoriasis with joint symptoms and also experience severe menstrual pain or fertility issues, consult your healthcare provider.

Reference:

Dominguez, F. et al. (2023). Bidirectional Association Between Psoriasis/Psoriatic Arthritis and Endometriosis: Results from Nurses' Health Study II. *JAMA Dermatology*, 159(3), 282–290.