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INTRODUCTION

Psoriasis is a chronic skin disease (Fig. 1) that affects between 0.91 and 8.5 % of people across the world. Of these, approximately 10% suffer from different severe forms. Therapeutic drugs in treating moderate to severe psoriasis have been limited. Three of the so-called "non-biological systemic therapies" were the most commonly prescribed systemic drugs (Fig. 1) worldwide: *Methotrexate* (methotrexate), *Neotigason* (acitretin), and *Sandimmun Neoral* (cyclosporine). Clinical trials for systemic medicines have shown high rates of severe infections in psoriasis. Still, these have not been confirmed in all trials because of the lack of statistical power to demonstrate differences from placebo. Biological drugs (Fig. 2) which have been authorized for use in severe and moderate forms of psoriasis are: *Stelara* (ustekinumab), *Humira* (adalimumab), and *Cosentyx* (secukinumab). A recent systematic review stated that there was still insufficient evidence about the risk of severe infections from biological drugs in psoriasis patients in long-term and daily use and that further observational studies were needed [1]. It is confirmed that a large number of people in Serbia have severe psoriasis.



Figure 1. Treatment of psoriasis with systemic drugs



Figure 2. Treatment of psoriasis with biologic drugs

RESULTS AND DISCUSSION

Due to the minimal number of patients in Serbia who use biological therapy, a detailed case study was performed with 70 patients with moderate to severe psoriasis. The background and roots of the case study in medicine and clinical practice are covered. Given the complexity of the factors involved in non-biological systemic therapies, changing health paradigms, patient/practitioner interactions, multiple treatment modalities, and multiple symptom profiles, the case study approach offers systematical and essential information for investigating and generating findings in this area. Reliability and validity of data collection, data reduction, and interpretation were achieved. The most frequent types of psoriasis between patients were listed, including the benefits and side effects from systemic and biological drugs. 100% of patients answer that biological treatment ultimately helped in treating even severe forms of psoriasis. Patients answered on 30 questions, among which were, which is the reliable source from who they found out information about innovative therapies (Fig. 3), and they were asked are they aware that they could be participants in a clinical study wherein they can get drug in the experimental phase which could help their health (Fig. 4).

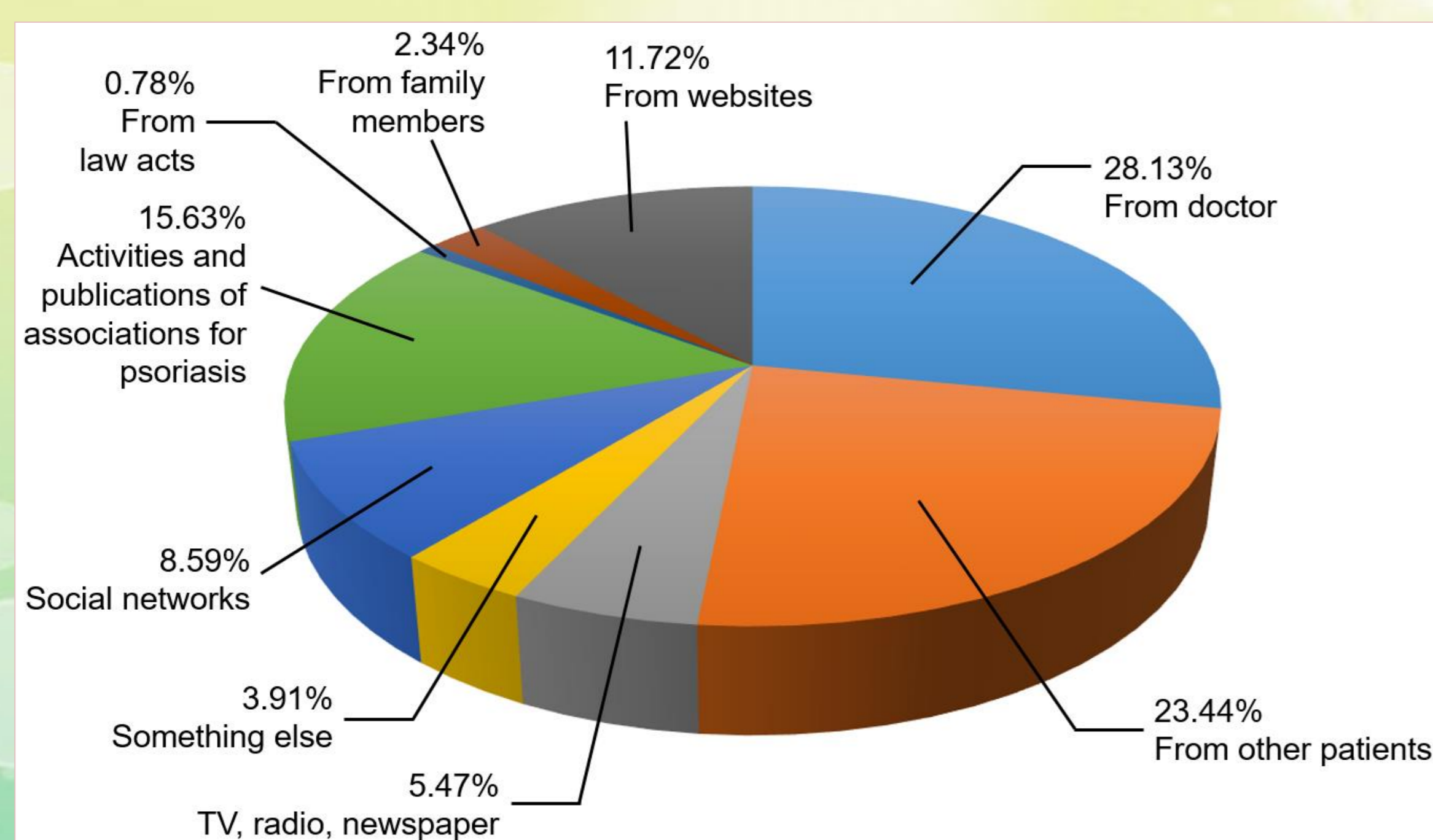


Figure 3. Sources from which patients heard information about innovative therapies

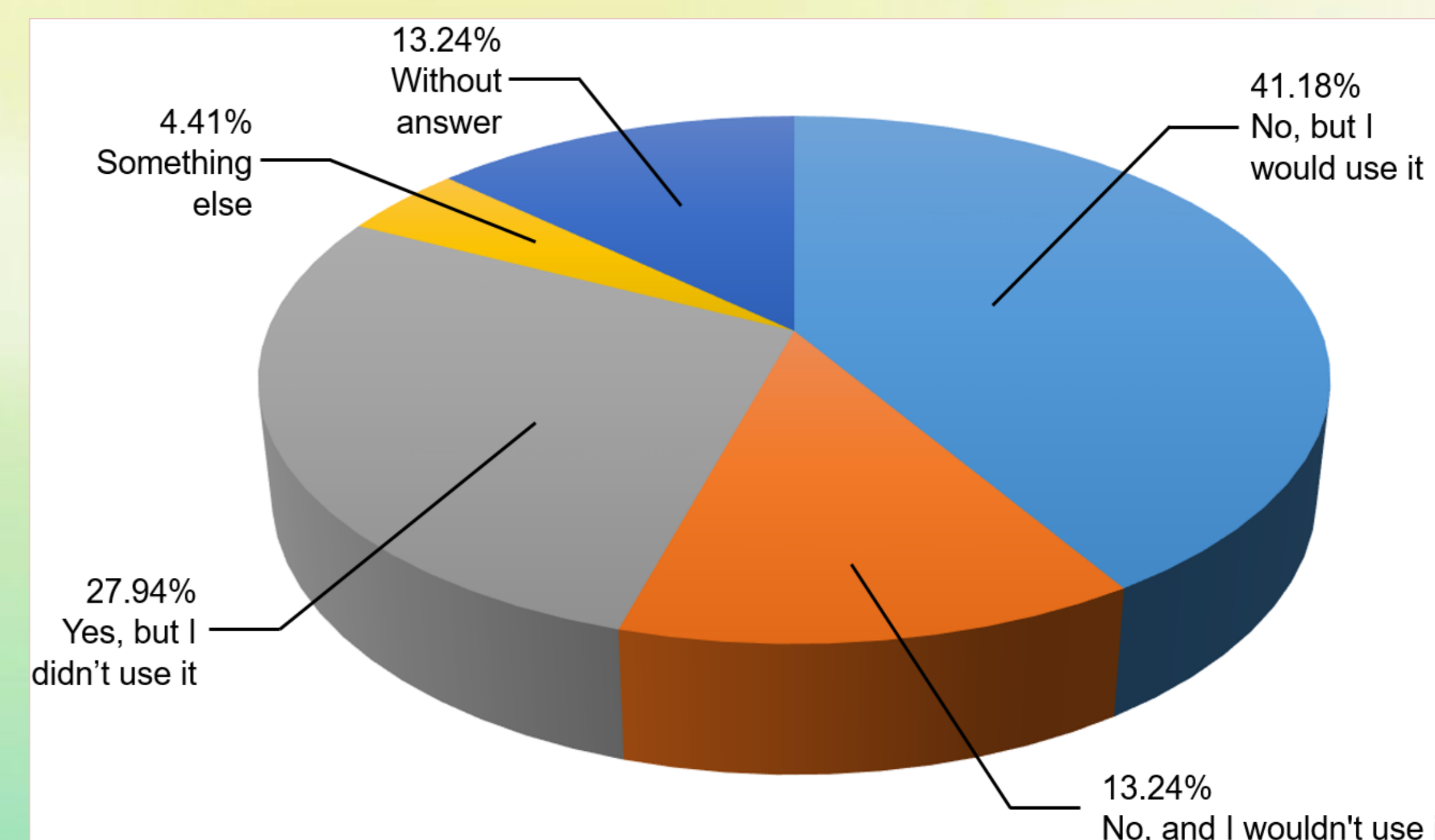


Figure 4. Awareness of patients that they could be participant in a clinical study and get a drug in the experimental phase

CONCLUSION

Based on the conducted case study, it can be concluded that people in Serbia are not familiar with biologic drugs who overcome systemic drugs in psoriasis treatment. Therefore, this study was useful to inform patients about application of biological therapy in the treatment of psoriasis. Some biological drugs used in Serbia are *Stelara* (ustekinumab), *Humira* (adalimumab), and *Cosentyx* (secukinumab).

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