Prurigo Nodularis: A Review of Recent Advances

Prurigo nodularis is an underrecognized and underdiagnosed disease with a complex pathogenesis. It is characterized by the overexpression of IL-31 and IL-31 receptor alpha, which are involved in the development of pruritus and inflammation. The disease is associated with a chronic cycle of itching and scratching that negatively impacts quality of life.

Clinical presentation and burden of disease

Symptoms of prurigo nodularis are driven by complex interactions between the skin, nerve, and immune cells, leading to inflammation, epidermal dysregulation, and fibrosis. The disease is associated with a vicious cycle of itching and scratching that negatively impacts quality of life. Patients with prurigo nodularis experience sleep disturbances, reduced quality of life, and social and emotional challenges.

Burdens of disease in prurigo nodularis

- Sleep disturbances: 70% of patients with prurigo nodularis report sleep disturbances.
- Reduced quality of life: 50% of patients report a reduced quality of life.
- Social and emotional challenges: 15% of patients report having suicidal thoughts.

The role of IL-31 in prurigo nodularis

IL-31 is a cytokine involved in the pathogenesis of prurigo nodularis. It is overexpressed in the affected skin, leading to the development of nodules and pruritus. IL-31 is a key player in the inflammatory response and is involved in the recruitment of immune cells. It is a potential target for the development of new therapeutic strategies.

References