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Rising Overweight and Obesity in Swiss Psoriatic Arthritis Patients, 2007-2022: a Nationwide Registry–Population Comparison

This study compared body weight in Swiss people with psoriatic arthritis with the general Swiss population between 2007 and 2022. It found that overweight and obesity are very common in psoriatic arthritis: in 2022, almost two thirds of patients were either overweight or obese. Obesity affected 28% of patients with psoriatic arthritis, compared with 12% of the general Swiss population. The proportion of patients with obesity increased from 19% in 2007 to 28% in 2022, with the increase mainly seen in men. Patients with obesity also had signs of higher inflammation, worse physician- and patient-rated disease activity, and lower self-reported health status.

These findings are important because body weight is a modifiable factor that may influence inflammation, symptoms, quality of life, and treatment response. For rheumatologists, the results support routinely addressing weight management as part of psoriatic arthritis care. For patients, they highlight that structured support with nutrition, physical activity, and multidisciplinary care may help improve overall health and disease outcomes.

Link to the publication: Rising Overweight and Obesity in Swiss Psoriatic Arthritis Patients, 2007-2022: a Nationwide Registry–Population Comparison at [10.55563/clinexprheumatol/9mc6mb](https://doi.org/10.55563/clinexprheumatol/9mc6mb)