

A Case of Guttate Psoriasis in Iodine Induced Hypothyroidism Patient

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ABSTRACT

Psoriasis is a chronic inflammatory skin disorder that has been increasingly associated with autoimmune comorbidities, including thyroid dysfunction. Guttate psoriasis, a less common variant, is often triggered by infections or medications but rarely by endocrine disorders. Hypothyroidism may play a role in exacerbation in predisposed individual. A 29-year-old male with history of thyrotoxicosis treated with iodine radiation presented with a two-month history of pruritic, erythematous, scaly skin changes over his body. The rash appeared 3 weeks after the patient discontinued Levothyroxine therapy. Clinical examination and biopsy confirmed guttate psoriasis. Laboratory investigations revealed elevated TSH, high thyroglobulin and thyroid peroxidase antibodies, with negative infectious and autoimmune markers. Initial treatment with topical agents and narrowband UVB therapy showed limited response. Methotrexate was later initiated, resulted in significant improvement. Clinician should consider thyroid dysfunction as a possible trigger for guttate psoriasis, especially in patient with history of autoimmune thyroid disease. Early recognition and management are essential for optimal outcome.

Keywords: *Guttate psoriasis, hypothyroidism, iodine therapy, autoimmune disease.*

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