

## Acitretin (Soriatane)

Soriatane (Acitretin) is a retinoid medication primarily used for the treatment of severe forms of psoriasis in adults, particularly in patients who do not respond to conventional treatments such as topical therapies or phototherapy. Acitretin is a synthetic derivative of vitamin A and belongs to a class of medications known as retinoids, which are used for various skin conditions due to their ability to regulate cell growth and differentiation.

Soriatane is typically administered once daily with food, which enhances its absorption. The drug is available in different strengths: 10 mg, 17.5 mg, 22.2 mg, and 25 mg. The recommended initial dosage ranges from 25 mg to 50 mg per day, though some physicians base the starting dose on the patient's weight, typically 0.5 mg/kg/day. The dose may be adjusted according to the patient's response, and improvements in symptoms generally take 2 to 3 months of continuous therapy. In some cases, acitretin is used in combination with other psoriasis treatments or phototherapy to enhance its therapeutic effect.

### **Serious Adverse Effects**

The most serious and well-documented side effect of Soriatane is the risk of birth defects if the drug is taken during pregnancy. Teratogenic effects are significant, as acitretin has been shown to cause severe congenital malformations in developing embryos. Due to this, women of childbearing potential are required to undergo two negative pregnancy tests before starting treatment, and pregnancy testing must be repeated monthly throughout the course of therapy. Furthermore, effective birth control must be used during treatment and continued for at least three years after discontinuation, due to the prolonged presence of acitretin in the body.

### **Common Side Effects**

While many of the side effects of Soriatane are relatively mild, they may still affect patient compliance. These include dry skin, chapped lips, peeling of the fingertips, palms, and soles, itching, scaly skin, weak nails, fragile skin, and dry eyes. Joint pain and muscle tightness have also been reported, along with hair thinning. Patients using contact lenses may experience discomfort due to dry eyes. These side effects often improve with dose reduction or cessation of the medication.

### **Serious but Less Common Side Effects**

Though less frequent, some serious side effects require immediate medical attention. These include headaches, nausea, vomiting, blurred vision, night blindness, and depression. Additionally,

hepatic toxicity can manifest through symptoms such as yellowing of the skin or eyes, dark urine, loss of appetite, and nausea. Other severe side effects may include joint and muscle pain, difficulty moving, loss of sensation in the extremities, and frequent urination or excessive thirst. If these symptoms occur, patients should seek immediate medical care.

## Drug Interactions

Soriatane may interact with certain drugs, affecting its efficacy or increasing the risk of side effects. Vitamin A supplements should be avoided during acitretin therapy due to the potential for additive toxic effects. Moreover, the tetracycline class of antibiotics, when taken concurrently with acitretin, may increase the risk of intracranial hypertension due to both drugs' potential to raise pressure in the brain. Additionally, acitretin may decrease the effectiveness of phenytoin, an anticonvulsant used in the management of epilepsy. Careful monitoring and appropriate dose adjustments may be necessary when combining acitretin with other medications.

## Conclusion

Soriatane (acitretin) is an effective treatment option for severe psoriasis, offering patients significant relief when other therapies fail. However, its use must be carefully managed due to the potential for serious side effects, particularly teratogenicity. Regular monitoring, pregnancy prevention, and awareness of drug interactions are critical for the safe administration of acitretin. While common side effects like skin dryness and joint pain are usually manageable, patients should be educated about the risks and benefits of the drug to ensure optimal therapeutic outcomes.

## References

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