

## **Biologics in psoriasis: a step towards individualized treatment**

### **Ji Sun van Bezooijen**

1. The available evidence on efficacy and safety of combined treatment of psoriasis with biologics and methotrexate is not sufficient to propose an amendment of the current treatment guidelines. *This thesis*
2. Psoriasis patients on maintenance treatment with biologics and with stable, low disease activity, are the best candidates for dose reductions. *This thesis*
3. Correct interpretation of therapeutic target concentrations for biologics requires determination of assay-specific ranges. *This thesis*
4. When therapeutic drug monitoring for a biologic is considered, then intra-patient variability must be tested as well. *This thesis*
5. Therapeutic drug monitoring is a tool to monitor adherence to treatment with biologics. *This thesis*
6. The off-label dosing of biologics needs to account for both benefits and risks and be individualized to patient's 'disease severity', quality of life and existence of comorbidities. *E.A. Brezinski and A.W. Armstrong*
7. Controlled studies are needed to define the profile of the patients best suited for biologic dose reduction strategies without loss of treatment efficacy. *O. Baniandr s et al.*
8. Weight loss may be a useful preventive and adjunctive measure in the treatment of psoriasis. *M.B.A. Debbaneh et al.*
9. The concerns of prescribers regarding the introduction of biosimilars in patient care is not based on hard data, but on emotions.
10. The scientific value of explorative pilot studies is undervalued by peer reviewed journals.
11. Fermentation of kimchi leads to elevation of its antioxidative activity, and consumption of kimchi thus results in health benefits. *Boh Kyung Kim et al.*