

Soriatane (acitretin)

Acitretin is an oral vitamin A derivative which has been used in psoriasis therapy for over 20 years. It may be used alone or in combination with other therapies to treat all types of psoriasis.

Considerations:

- Females of child-bearing potential who are planning pregnancy within 3 years must not take this medication. This medication is stored in the fat for up to 3 years. After 3 years, it is OK to attempt pregnancy.
- Patients cannot donate blood for 3 years following acitretin therapy.
- Concurrent alcohol intake may lead to liver damage. You must limit alcohol consumption.
- Do not take vitamin A supplements while on acitretin.
- Take caution with fatty foods, as acitretin may increase triglyceride levels in the blood.
- Bloodwork must be checked regularly while on this medication.

Side Effects

- Most common: dryness (dry skin, dry lips, dry eyes, dry nose)
 - Ways to help: moisturizers, lip balm, Vaseline, artificial tears
 - For nosebleeds, try Aquaphor or Vaseline to the nostrils.
- Bone pain/osteoporosis
 - For symptoms, take Tylenol or ibuprofen.
 - Prolonged use of acitretin may lead to bone spurs or osteoporosis.
- Less common: liver toxicity, pancreatitis, pseudotumor cerebri, hyperostosis, cholesterol changes.
- Please notify your doctor if you experience any side effects.

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