

## Prurigo Nodularis Media Factsheet

### About prurigo nodularis

**Prurigo nodularis** is a chronic and debilitating neuroimmune skin disease characterized by the presence of intense itch and thick skin lesions (or firm bumps) covering large body areas.<sup>1-3</sup>

Prurigo nodularis is an underrecognized and underdiagnosed disease. Its prevalence is not well-documented, but it is estimated to affect between 7-111 people per 100,000 in the European Union, depending on the country.<sup>4-8</sup>



### Clinical presentation and burden of disease

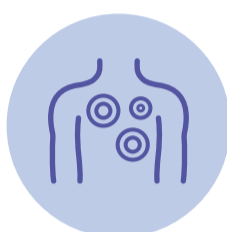
People with prurigo nodularis can be affected by a number of debilitating signs and symptoms, including:<sup>1-39,10</sup>



Chronic pruritus (itch)



Poor sleep quality



Skin lesions / nodules



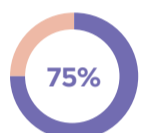
Mental health conditions such as anxiety and depression

### Burden of disease

In select studies of prurigo nodularis:



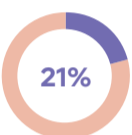
**100%** of physicians reported that itch is the most burdensome symptom for patients.<sup>11</sup>



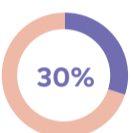
**75%** of patients reported that the persistent itch negatively impacts their quality of life.<sup>12</sup>



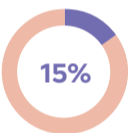
The intense itch associated with prurigo nodularis causes **sleep disturbance**, which further contributes to **reduced quality of life**.<sup>9,13-15</sup>



**21%** of patients reported that the visibility of nodules was the most burdensome symptom.<sup>16\*</sup>



**30%** of patients reported sleep improvement as a key treatment goal.<sup>17†</sup>



**15%** of patients reported having suicidal thoughts related to their skin disease.<sup>18‡</sup>

*“The intense itch experienced by patients with prurigo nodularis ravages their quality of life. Being itchy all of the time makes it difficult to concentrate and they’re often unable to sleep. Their self-confidence is also affected by the visible nodules on their skin. Collectively, these symptoms have an overwhelming impact on their mental health.”*

### Prof. Shawn Kwatra

Joseph W. Burnett Endowed Professor & Chairman of Dermatology  
University of Maryland School of Medicine  
Baltimore, MD, United States



### The role of IL-31 in prurigo nodularis

Behind prurigo nodularis is the overexpression of IL-31, a neuroimmune cytokine, and IL-31 receptor alpha, which bridges neuronal and immune mechanisms. IL-31 drives itch and is involved in inflammation, skin barrier dysfunction and fibrosis in prurigo nodularis.<sup>5,19</sup>

### The unmet need

Symptoms of prurigo nodularis are driven by complex interactions between the skin, nerve and immune cells, and lead to a **vicious cycle of itching and scratching that negatively impacts quality of life**. Disrupting this cycle through rapid and sustained itch relief is **crucial to improving long-term outcomes**.<sup>39,20-22</sup>

Given the significant burden this serious disease places on patients, their families, and caregivers, there is a need for alternative treatment options that may effectively relieve the signs and symptoms of prurigo nodularis by targeting its underlying disease mechanisms.<sup>23</sup>

\* Results were based on a multicenter, cross-sectional European study of 509 adults with prurigo nodularis. This prospective, questionnaire-based study assessed the clinical profile of prurigo nodularis, as well as its associated burdens.

† Results were based on a multicenter, cross-sectional European study of 406 patients with prurigo nodularis. This prospective, questionnaire-based study assessed patient perception of therapeutic goals, as well as previously used therapies, overall satisfaction with therapy, the efficacy of available therapeutic regimens, and out-of-pocket costs.

‡ Results were based on a multicenter European study of 3,635 general dermatology outpatients and 1,359 healthy controls. Twenty-seven of these general dermatology patients met study criteria for prurigo nodularis and were assessed for psychological burden of disease.

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