

# drug & nutrient interactions

## Psoriatic Disease

Drug	Food & Nutrient Interaction	Recommendation
Acitretin	<ul style="list-style-type: none"> <li>May interact with alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid consuming alcohol during therapy and for 2 months after drug discontinuation.</li> </ul>
Adalimumab (Humira)	<ul style="list-style-type: none"> <li>May cause loss of appetite, feeling full after eating only a small amount, or weight loss.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to keep your weight in-check.</li> </ul>
Cyclosporine	<ul style="list-style-type: none"> <li>May cause painful and swollen gums.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid eating crunchy or hard foods, acidic foods, salty foods, and hot foods.</li> <li>Consume soft foods and chew slowly.</li> </ul>
	<ul style="list-style-type: none"> <li>May decrease appetite.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
	<ul style="list-style-type: none"> <li>Consumption of grapefruit, grapefruit juice, or related fruits (tangelos, minnelos, pummelos, and Seville oranges) may interact with medication.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your healthcare provider or pharmacist to see if you need to use caution with grapefruit and related citrus fruit.</li> </ul>
	<ul style="list-style-type: none"> <li>May interact with red wine.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your healthcare provider about your current intake of red wine.</li> </ul>
	<ul style="list-style-type: none"> <li>Interacts with potassium supplements.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss with your healthcare provider if using a potassium supplement.</li> <li>Discontinue use of salt substitutes.</li> </ul>
	<ul style="list-style-type: none"> <li>May cause an increase in triglycerides.</li> </ul>	<ul style="list-style-type: none"> <li>Limit foods high in added sugar.</li> <li>Limit low-fiber carbohydrates, such as white bread, cereal, noodles, and white rice.</li> <li>Eat a variety of fruits, vegetables, &amp; whole grains.</li> <li>Increase intake of omega-3 fats from salmon, ground flax seeds, and tuna fish.</li> <li>Limit saturated and <b>trans fat</b> found in fried foods, full-fat dairy, and hydrogenated oils.</li> </ul>
Methotrexate	<ul style="list-style-type: none"> <li>Blocks the absorption of folic acid.</li> </ul>	<ul style="list-style-type: none"> <li>Talk to your doctor or pharmacist to create a plan for folate supplementation.</li> </ul>
	<ul style="list-style-type: none"> <li>May decrease appetite.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to keep your weight in check.</li> </ul>
	<ul style="list-style-type: none"> <li>May cause dehydration.</li> </ul>	<ul style="list-style-type: none"> <li>Aim to make water the primary drink choice. It's recommended to consume half your body weight in ounces. For more specific recommendations talk with a registered dietitian to determine your hydration needs.</li> </ul>