

Abstracts

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Psychodermatology: current concepts and future prospects

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Psychodermatology is a new emerging field of medicine which encompasses psychiatric aspects of skin disorders and dermatologic manifestations of psychiatric diseases. Psychodermatological disorders are classified as psychophysiological disorders, primary psychiatric disorders, secondary psychiatric disorders and some cutaneous sensory syndromes. Several psychotropic medications have dermatological side effects and dermatologic therapy is sometimes associated with psychiatric side effects. The role of psychoneuroimmunology has a pivotal role in the pathophysiology of several psychocutaneous disorders.

Successful treatment of vitiligo with 0.1% tacrolimus ointment

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Introduction Current therapeutic options for vitiligo are largely not successful or unsatisfactory. Most commonly used treatments are topical steroids and light therapy. Since options were limited, I wanted to discuss a novel therapeutic agent that has a lot of promise for this very complex, challenging and potentially disabling and disfiguring disease.

Objective To treat leucoderma.

Methodology Apply 0.1% tacrolimus ointment bid with sunscreen all day and unprotected natural sunlight at mid-day.

Results Near complete or complete re-pigmentation of macules of leucoderma.

Conclusion 0.1% tacrolimus ointment is proving to be a very useful agent in the treatment of this very difficult and therapeutically challenging disease.

Key words Vitiligo, tacrolimus, treatment

Topical treatments for melasma and postinflammatory hyper pigmentation

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Introduction Melasma/postinflammatory hyperpigmentation can sometimes be very difficult and challenging condition to treat, often patients are unsatisfied with the results seen. From my experience, I would like to offer some suggestions for possibly achieving improved outcomes by utilizing combination therapy.

Objective To lighten areas of troublesome hyper pigmentation

Methodology Using 20% azelaic acid with glycolic acid lotion/cream and or topical retinoids 0.02-0.3% along with chemical peels if necessary

Results Successful and satisfactory lightening of macules/patches of hyperpigmentation.

Conclusion It is important to know other options that can also provide a satisfactory outcome.

Key words Hyperpigmentation, melasma.

Trichodaganomania: the compulsive habit of biting one's own hair

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We are reporting a case of the compulsive habit of biting one's own hair producing a noticeable patch of loss of hair and we suggest the name 'trichodaganomania' from the Greek word "daganein" (to bite). To our knowledge this is the first report of this type of self-inflicted hair loss, which is not reported in Dermatology or Psychiatry literature. This cause of hair loss should not be confused with other causes like trichotillomania (compulsive habit of pulling one's own hair); trichoteiromania (noticeable hair loss caused by rubbing of one's own hair) or with trichotemnomania (compulsive habit of cutting or shaving one's own hair). Psychodermatological Evaluation and dermatology-psychiatry liaison clinics could prove helpful in management of these patients with trichodaganomania.

A comparison of efficacy and safety of topical permethrin and oral ivermectin in the treatment of scabies

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Introduction Scabies is a common health problem worldwide. Most treatment modalities available are topical. Among them, 5% permethrin is the most effective with few side effects. Limiting factors are its high cost, low compliance and emerging resistance. Ivermectin is the only oral scabicide available. It is effective, inexpensive and easy to administer with no known drug interactions and limited side effects.

Objective To compare the safety and efficacy of topical permethrin and oral ivermectin in the treatment of scabies in our population.

Methodology We enrolled 120 adult patients of either gender with diagnosis of scabies and randomly divided in 2 equal groups A and B. Topical permethrin and oral ivermectin were used in groups A and B, respectively. Follow-up was done at day 7 and day 14 to evaluate the response and safety of both drugs. Efficacy was judged by following parameters: decrease in itch severity, non-appearance of new lesions, absence of burrows, sum-total of individual scores of each parameter was used to determine the efficacy according to predetermined criteria. Safety assessment was based on following: 1.

no gross change in baseline investigations, 2.non-appearance of mentioned side effects.

Results Baseline characters of patients in both groups were similar. There was no significant difference between 2 groups regarding efficacy after at day 14 of treatment. Cure percentage was same (66.66%) in both groups. In both groups, equal number of patients experienced side effects (n=15). At day 7, major side effect observed in group A was burning followed by contact dermatitis and stinging which settled at day 14. In group B, muscular pain, nausea and headache were main side effects. Significant rise of hepatic enzymes was noticed in only 1 patient of group B which normalized at day 14.

Conclusion We found no statistically significant difference regarding efficacy and safety between both groups.

Keywords Scabies, permethrin, ivermectin

Aggravating factors of chronic plaque psoriasis

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Background Psoriasis is a common inflammatory disease caused by interaction of multiple genes, immune system and environmental factors. Many environmental factors that have been identified are infections, drugs, stress, hypocalcaemia, smoking, alcohol, trauma and seasonal variations.

Objective To determine and correlate all the possible aggravating factors of chronic plaque psoriasis in patients presenting in skin department, Mayo Hospital/King Edward Medical University, Lahore.

Methodology By non-probability convenience sampling, 25 patients who fulfilled inclusion criteria were evaluated for the aggravating factors.

Results Out of 25 patients, 20 (77.6%) were male and 5 (22.4%) patients were female. Various clinical presentations seen in our patients included chronic plaque psoriasis 15 patients (58.0%), erythroderma 7 patients (22.4%), generalized pustular 2 patients (10.8%) and localized pustular psoriasis 1 patients (6.8%). Positive aggravating factors found in our patients were fever, sore throat, drugs, various stress factors, smoking and alcohol.

Key words Psoriasis, aggravating factors

Association of serum ferritin levels with non-scarring alopecia in women

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Background Iron deficiency is suspected to be one of the possible causes of alopecia. Serum ferritin levels are representative of body iron stores. The depletion of iron stores might affect hair growth.

Objective To evaluate the association of female pattern androgenetic alopecia, telogen effluvium, and alopecia areata with decreased serum ferritin levels in women.

Methodology 30 consecutive post-pubertal, premenopausal females, all suffering from non-scarring alopecia, with an age range of 16- 45 years were included in the study. 28 age-matched controls were also included. Serum ferritin levels were measured in all patients and controls. Other investigations included blood counts, serum testosterone in patients with clinical androgenetic alopecia, scraping for fungus in cases with suspicion of tinea capitis and skin biopsy in doubtful cases of alopecia areata.

Results 26 of 30 patients had low serum ferritin levels, while 17 out of 28 controls had low serum ferritin ($p=0.024$).

Conclusion Serum ferritin levels are low in patients with non-scarring alopecia, and iron supplementation may reverse the hair loss.

Keywords Non-scarring alopecia, serum ferritin.

Comparison of patch test contact sensitivity to *Parthenium* extract in water and acetone by using fresh plant

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Background *Parthenium hysterophorus*; a member of compositae family, is the leading cause of plant-

induced airborne contact dermatitis. It has now achieved a major weed status in Pakistan. Patch test is done for the diagnosis of sensitivity to *P. hysterophorus* by using parthenolide as allergen. Parthenolide is an oil soluble oleoresin that is the contact sensitizer responsible for various clinical types of chronic eczemas. It can be extracted in various solvents such as acetone, alcohol, ether and water as well.

Objective To compare the frequency of patch test positivity to *Parthenium* by using aqueous and acetone extracts of fresh *P. hysterophorus* in patients of chronic dermatitis.

Methodology It was a cross sectional comparison study conducted at Department of Dermatology Jinnah Hospital, Lahore for duration of six months from 20th February to 20th August, 2009. All the enrolled patients were patch tested with *Parthenium* extract. It was extracted in water from the whole fresh plant in three serial dilutions as 1%, 10% and 0.1%. 1% acetone extract of plant was taken as gold standard for comparison while pure aqua was taken as control. Results were interrupted according to International Contact Dermatitis Research Group criteria.

Results The 115 patients of allergic contact dermatitis consisted of 87 males and 28 females with age range from 20 years to 75 years (mean 42 ± 10.20 years). Disease duration ranged from 6 months to 20 years (mean 6.4 ± 4.5 years). Results showed contact sensitivity in 32% patients with 1% acetone extract, in 2% patients with 0.1% aqueous extract, in 29% patients with 1% aqueous extract and in 36% patients with 10% aqueous extract of *P. hysterophorus*.

Clinical pattern of disease in patch test positive patients was as airborne contact dermatitis 48%, photo dermatitis 22%, mix pattern 24% and adult onset atopic dermatitis pattern in 16% of patients sensitive to *P. hysterophorus*. Occupational exposure was direct in 68% of patients while it was indirect in 32% of patients who showed positive patch test.

Conclusion Contact sensitivity with *P. hysterophorus* can be diagnosed with patch test by using both aqueous and acetone extract of plant. Although acetone extract is more stable, with time, evaporation of the solvent may increase the concentration so can cause irritant reaction. Aqueous extract has short half life but can be readily prepared and is almost equally sensitive.

Key words *Parthenium hysterophorus*, patch test, plant dermatitis.

Cutaneous manifestations of chronic renal failure

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Introduction Cutaneous disorders are a common manifestation of patients with end stage renal disease. Diagnosis and treatment of these disorders can improve the quality of life of these patients.

Objective To know the frequency of cutaneous lesions in patients of chronic renal failure.

Methodology This case series study was conducted in all four medical units, renal dialysis unit, urology and renal transplantation units of Bahawal Victoria Hospital, Bahawalpur. One hundred patients of chronic renal failure were included in the study from 1st March 2008 to 1st September 2008. Patients of chronic renal failure regardless of age, gender and cause of the renal failure were included. Patients of chronic liver disease and pregnant women were excluded.

Results Out of 100 patients studied, 69 were male and 31 females. Age range was 11-80 years 66% patients were receiving maintenance hemodialysis and 34% were on conservative treatment. The major cause of chronic renal failure was diabetes mellitus. Eighty five out of 100 patients had more than one cutaneous findings. Among the cutaneous findings, pallor was most common (in 85% patients). Pruritus was observed in 45%, xerosis in 35% and hyperpigmented of sun exposed areas in 44% patients. Among the nail changes, half and half nails was the most frequent finding, seen in 38 (54.3%) out of 70 patients.

Conclusion Majority of the patients (85%) of chronic renal failure showed at least one cutaneous manifestation, among which pallor of the skin was most frequent finding.

Key words Chronic renal failure, hemodialysis, cutaneous manifestations.

Effects of smoking, alcohol, and other diseases on psoriasis

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Introduction Psoriasis is an inflammatory, autoimmune disorder in which both genetic and environmental influences have a critical role. Psoriasis is universal in occurrence. The highest incidence reported is in Denmark and Faeroe Islands. West Africans and Asians may exhibit relatively low prevalence of psoriasis. The role of environmental factors in aggravation of psoriasis has been established in various studies. These factors include smoking, alcohol, drugs, obesity, stress, seasonal variation and concurrent disease medication etc.

Objective To evaluate the effects of smoking, alcohol, drugs, and other diseases in aggravation of psoriasis.

Methodology After approval from ethical committee of the hospital and written informed consent, patients of any age and both sexes fulfilling the inclusion criteria were enrolled. Diagnosis of psoriasis was clinical and histopathological to support the diagnosis in clinically doubtful cases. All cases were recorded on a standard proforma. The detailed medical history and examination of the patient with particular emphasis on the onset, distribution, and nature of psoriasis was carried out. The aggravating and relieving factors, treatment taken in past/current medication and known history of other medical ailments was noted. Smoking history and history of alcohol intake were specifically looked for.

Results We enrolled 70 patients of psoriasis to observe the role of various environmental factors in the disease course. Mean age was 34.33 years. Mean PASI score calculated was 23.34 ± 14.60 . Mean duration of diagnosis of psoriasis was 79.81 ± 84.19 months. Maximum distribution of disease was 60% having generalized followed by 25.7% having lesions on extremities. In about 26% of patients there was joint involvement in the form of arthralgia and arthritis in 24.3% and 1.4% of patients respectively. Nail involvement was observed in 45.7% of patients.

Among the environmental factors studied were smoking, alcohol, drugs and other comorbidities. It was noted that number of pack years was directly related to aggravation of disease. Patients with 10-20 pack years history had maximum aggravation of

disease with smoking. Rest of the results will be presented in conference.

Key words Psoriasis, smoking

Efficacy, safety and tolerability of mometasone furoate 0.1% cream, ointment and lotion in childhood eczema

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Introduction Topical corticosteroids have been the first line treatment in children with eczema. Efforts to develop new topical glucocorticoids with reduced systemic bioactivity helps to treat them. Mometasone furoate 0.1% has been found to be efficacious in children with atopic dermatitis.

Objective To evaluate the therapeutic efficacy, safety and tolerability of mometasone furoate 0.1% cream, ointment and lotion in childhood eczema.

Methodology The study was conducted from October, 2007 to January, 2008 at the outpatient department of dermatology at Abbasi Shaheed Hospital. A total of 50 children, aged ≥ 12 years of either sex with all types of childhood eczemas were included in the study and those with infection, complication like scars, atrophy, striae, etc. known hypersensitivity to corticosteroids and on any other medicaments were excluded. Parents of children were instructed to apply a thin layer with gentle rubbing twice daily for three weeks. Fingertip unit was demonstrated to parents. Tubes of mometasone furoate 0.1% cream, ointment and lotion were given to parents according to the need. Emollient was applied twice daily. Children were followed up at 3, 6 and 12 weeks. SPSS – 13.0 was used for statistical analysis. Friedman test was applied to compare the significance of results at $p < 0.05$.

Results Out of 50 patients enrolled, at 3 weeks of follow up only 43 reported. 29 (67% showed improvement and 14 (32%) fully resolved. At 6 weeks 32 (74.4%) had complete resolution and 7 (16.2%) had improvements, but at 12 weeks only 25 patients (58%) had resolved and 6 patients (13.9%) relapsed, 2 patients were gradually improving. Efficacy in resolution of signs/symptoms on 12 weeks was ($p < 0.001$).

Conclusion Mometasone furoate 0.1% cream, ointment and lotion is found to be efficient, safe and highly tolerable compound in childhood eczema. Children under 1 year of age were specially observed for any side effects and the compound was found equally safe in infants.

Key words Childhood, eczema, mometasone furoate

Cutaneous manifestations of hepatitis C virus infection

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Introduction Hepatitis C is a major public health problem, infecting 170 million people worldwide. It is associated with a number of extra-hepatic manifestations, many of which are cutaneous.

Objective The objective of this study was to determine the frequency of major cutaneous manifestations of hepatitis C infection in patients presenting in a tertiary care hospital.

Setting Department of Dermatology Unit-I, KEMU/ Mayo Hospital, Lahore

Methodology The study was a cross-sectional survey, carried out in Dermatology Department Unit-1, Mayo Hospital, Lahore. It was of six months duration. One hundred and eighty patients, diagnosed as HCV positive by ELISA, presenting to the Dermatology outpatient, were entered in the study. All the relevant data regarding history, clinical examination and investigations was recorded and analyzed.

Results Among 180 patients, 95 were males and 85 females. Pruritus was the most common dermatological feature seen in 33.8%, followed by lichen planus in 27.22% and signs of decompensated cirrhosis (palmar erythema, spider nevi, and telangiectasia) in 13.8 % of patients. Less common manifestations noted were urticaria (7.8%), vitiligo (5.6%), mixed cryoglobulinemia (4.4%), erythema nodosum (2.8%), erythema multiforme (2.2%), porphyria cutanea tarda (1.1%) and acral necrolytic erythema (1.1%).

Conclusion Dermatological manifestations of hepatitis C virus infection are helpful in timely diagnosis and treatment of this infection.

Key words Cutaneous manifestations, hepatitis C Virus, lichen planus, mixed cryoglobulinemia

Efficacy of oral azithromycin in acne vulgaris

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Introduction Acne is a common disease in Pakistan that can cause tremendous emotional and psychological stress in affected persons. As the treatment of acne involves long-term therapy with antibiotics, an agent with long tissue half-life and less frequent dosage can be useful in increasing the compliance and tolerability of the patient. We have used oral azithromycin 500 mg thrice a week in patients of acne vulgaris.

Objective To assess the efficacy of alternate day oral Azithromycin 500 mg in acne vulgaris

Methodology One hundred and twenty patients of either sex, age ranging from 13-30 years with moderate acne vulgaris, were enrolled in the study. Severity of acne was assessed using FDA Global Grade. Reduction of 50% or more of the acne lesions after two months of treatment was considered as effective treatment. The patients were administered Azithromycin 500 mg thrice a week orally for 8 weeks and were followed up at 2 week intervals during the treatment period. The efficacy was assessed by percentage of clearance of acne lesions from the baseline. All patients were also evaluated at 3 months post-treatment.

Results One hundred and twenty patients were enrolled, out of which one hundred and twelve patients completed the study. Majority of patients (101/112) showed remarkable improvement in the first 4 weeks with more than 20% reduction of their inflammatory (papulo-pustular) lesions. Maximum clearance ($\geq 50\%$) was observed in 68 patients at 8 weeks. Slow improvement with eruption of new lesions was seen in 12 patients. Adverse effects such as nausea and heartburn were reported by 6 patients. In 53 (78%) patients out of 68, the beneficial effect persisted during a follow-up of 3 months.

Conclusion Azithromycin 500 mg thrice weekly for 8 weeks was found to be effective, well-tolerated and safe treatment for acne vulgaris.

Key words Acne vulgaris, azithromycin, Food and Drug Administration, Global Grade

Frequency of growth retardation in children with moderate to severe atopic dermatitis

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Introduction Atopic dermatitis (AD) is a chronic, relapsing, inflammatory skin disorder, associated with significant morbidity. One of the complications associated with AD is growth impairment in affected children.

Objective The objective of this study was to determine the frequency of growth retardation in children with moderate to severe atopic dermatitis.

Study design Cross sectional survey

Methodology Forty children with AD fulfilling the inclusion criteria were entered in the study. Height was recorded, in centimeters, using infantometer in children ≤ 3 years of age and with stadiometer in patients >3 years. Weight was taken, in kilograms, using Tanita baby scale for children ≤ 3 years of age and Bath room weighing scale for patients >3 years. Weight for age, height for age and weight for height growth charts were selected according to age and gender of patients. Measurements and percentile ranks of patients were noted on appropriate charts, if they were below 3rd percentile on any of these charts, then child was taken as suffering from growth retardation.

Results Sex distribution showed 21 (52.5%) male and 19 (47.5%) female patients. Twenty five (62.5%) children had normal growth while 15 (37.5%) patients had growth retardation. Among these 15 children, 9 (22.5%) were suffering from moderate disease and 6 (15%) had severe disease. Out of 40 patients, 11 had severe disease and 6 (54.54%) of them were suffering from growth retardation, while 29 had moderate disease and 9 (31.03%) of them showed impaired growth. Nine (22.5%) of patients with growth impairment were female and 6 (15%) were male.

Conclusion These results show growth retardation in children with atopic dermatitis. The frequency of growth impairment was relatively more in severe

disease and among girls, as depicted by growth charts.

Key words Atopic dermatitis, growth retardation, growth chart.

Frequency of pulmonary tuberculosis in patients with skin diseases requiring high dose long-term systemic steroid therapy

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Introduction Tuberculosis is a chronic and serious infection if left untreated. Currently one third of the world population is infected with this bacillus. The immunosuppression due to glucocorticoids in patients with skin diseases may cause acquisition of primary tuberculosis and the reactivation of non active tuberculosis.

Objective To determine the frequency of pulmonary tuberculosis in patients with skin diseases requiring high dose long term systemic steroid therapy.

Design Observational cross-sectional

Methodology Newly diagnosed patients of skin disease were screened for tuberculosis and then followed up after 6 weeks, 3 months and 6 months to evaluate pulmonary tuberculosis while on high dose systemic steroids. At each visit history, examination and screening tests for tuberculosis were done which included sputum smear for AFB, chest radiograph and sputum culture for AFB.

Results Out of thirty patients four were diagnosed as having pulmonary tuberculosis over a period of six months.

Key words Frequency, tuberculosis, steroid.

Frequency of sensitivity to European standard series allergens and *Parthenium hysterophorus* in patients with chronic extensive eczematous eruption

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Introduction Chronic extensive eczematous eruption is widespread recurrent eczema of more than six weeks duration.

Objective To find out sensitivity to European standard series (ESS) allergens and *Parthenium hysterophorus* in patients suffering from chronic extensive eczematous eruption.

Methodology Patients included in this quasi experimental study were more than 40 years old and presented with various presentations of chronic extensive eczema. Patients with localized eczema, chronic diseases, pregnancy, using systemic steroids more than 20 mg/day and immunomodulator drugs were excluded from study. Patients were patch tested with European standard series (ESS) allergens, fresh crushed and 1 % extracts of leaves, flowers and stem of *P. hysterophorus* in petroleum ether, chloroform and methanol.

Results Seventy percent of enrolled patients demonstrated positive patch test reactions. The most common sensitizers were *Parthenium* (54 %), parthenolide (30 %), potassium dichromate (18 %). Airborne contact dermatitis like presentations was the most common presentations of eczema (44.4 % for *Parthenium* and 62.5 % for ESS allergens). Thirty seven percent of *Parthenium* sensitive patients were farmers as compared to 50 % of patients who were sensitive to ESS allergens. *Parthenium* sensitivity among urban to rural population was 51.9 % vs, 48.1 %. Sensitivity to ESS allergens among urban to rural population was 25 % vs. 75 %.

Conclusion *Parthenium hysterophorus* is the most frequent sensitizer among enrolled patients. In the enrolled group of patients potassium dichromate is the most frequent sensitizer out of ESS allergens. Airborne contact dermatitis like presentation is the most frequent presentation of eczema among *Parthenium* and ESS allergen sensitive patients. Compositae allergy can't be ruled out without including *P. hysterophorus* in patch test battery.

Key words Chronic eczema, ESS allergens, *Parthenium hysterophorus*

Aetiology of hirsutism. Is endocrinological work up necessary in all hirsutes?

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Background Hirsutism is a common disorder affecting 5-15% of women of reproductive age. It can be associated with low self esteem and psychological morbidity. Hirsutes have variable presentations including different severity of hirsutism, with menstrual history regular or irregular, weighing either within normal range, obese or overweight and some with a positive family history. However, hirsutism is not associated with elevated androgen levels in all cases. Although non-pharmacological treatment is considered in all patients but pharmacological therapy is instituted according to the cause. The underlying etiology is identified by thorough history, clinical examination, endocrinological workup and abdominopelvic ultrasonography. Previous studies conducted in single units; Dermatology or Gynecology and Obstetrics or Endocrinology, reveals PCOS to be the commonest cause followed by idiopathic hirsutism. However, local literature shows idiopathic hirsutism to be the commonest cause.

Objective To evaluate the etiology of hirsutism in hirsutes presenting in the Fauji Foundation Hospital, Rawalpindi and to devise a rational diagnostic approach in these patients.

Methodology It was a descriptive study conducted from 1st Sep, 2007 to 19th Feb, 2009 in the Departments of Dermatology and Gynecology and Obstetrics Fauji Foundation Hospital, Rawalpindi. All female patients who presented to either of these departments with chief complaint of hirsutism were enrolled in this study. A detailed history, clinical examination with special reference to Ferriman-Gallwey scoring system, endocrinological workup and abdominopelvic ultrasonography was done in all patients.

Results Out of a total of 70 patients, hirsutism was mild in 10.6%, moderate in 24.2% and severe in 65.1%. The commonest cause of hirsutism in our study was PCOS 60.6%. Idiopathic hirsutism was present in 18.2% and late onset congenital adrenal hyperplasia in 9%. Hyperprolactinemia and thyroid disorders were present in 4.5% and 3% respectively.

Conclusion In our study population, PCOS was the commonest cause of hirsutism followed by idiopathic

hirsutism. It is recommended that endocrinological workup should be done in all hirsutes.

Key words Hirsutism, PCOS, idiopathic hirsutism.

Cutaneous leishmaniasis caused by *Leishmania major* infection in Sindh Province, Pakistan

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Introduction Leishmaniasis is endemic in Pakistan and is widely spreading throughout the country. The disease is caused by the different types of parasitic protozoan flagellates of the genus *Leishmania*.

Objective To identify and characterize the existing type of *Leishmania* species in cutaneous leishmaniasis (CL) patients from the new endemic areas of the central part of Sindh province, Pakistan, by the polymerase chain reaction (PCR) method.

Methodology The biopsy samples were collected from the various sites/lesions of patients. A total of 144 DNA samples were subjected to PCR analysis. The PCR primers used were designed for the identification and differentiation of *L. major* and *L. tropica* species, and PCR bands at 620bp and 830bp of the parasite-specific kinetoplast DNA sequences was identified for *L. major* and *L. tropica*, respectively.

Results Among a total of purified 144 DNA samples, 108 (75%) were positive for PCR amplification. Out of the 108 cases, 105 (97.2%) were determined to be positive for *L. major* infection, and 3 (2.8%) were positive for *L. tropica* infection.

Conclusion It was concluded that CL caused by *L. major* is the main source of infection in the central part of Sindh Province in Pakistan. Furthermore, on the basis of above results it is also concluded that the disease invasion may have originated from the area bordering Iran to the Southern part of Sindh Province via Balochistan Province but not from Afghanistan.

Key words Cutaneous leishmaniasis; *Leishmania major*; skin biopsy; PCR; kDNA.

Lupoid leishmaniasis: needs to be revisited

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Background Lupoid leishmaniasis is known as chronic form of cutaneous leishmaniasis; however, keeping its clinical presentation in view, there is a need to revisit this form of disease.

Objective To redefine lupoid leishmaniasis in view of clinical features.

Study design It was a case series seen in Muzaffarabad (Pakistan) from Jan 2006 to May 2008.

Methodology All patients clinically suggestive and consistent with laboratory diagnosis of cutaneous leishmaniasis were registered. Patients of all age groups and either sex, having cutaneous lesions resembling lupus vulgaris or lupus erythematosus on face or elsewhere were included in the study. Those having chronic fluctuating/relapsing course or scarring within the lesions were also included. Various demographic features of the patients and clinical patterns were recorded. Descriptive statistics were used for analysis.

Results Out of 254 registered patients of cutaneous leishmaniasis, Sixteen (6.3%) were diagnosed as lupoid leishmaniasis. None of the patient had scarred lesions. Age ranged from 38-75 (55 ± 15.11) years and duration of lesions varied from 04-32 (14.25 ± 07.59) weeks. All patients had lesions over face. Thirteen (81.25%) had large solitary plaque extending over nose and large part of cheeks and three (18.75%) had multiple lesions. Lesions were central/nasal in 2 (12.5%), unilateral/asymmetrical in 4 (25%) and bilateral/symmetrical in 10 (62.5%). Morphological patterns included; erythematous/infiltrated (7), psoriasiform (6), ulcerated/crusted (2) and DLE-like (1).

Conclusion Lupoid leishmaniasis is not strictly a chronic form of disease that presents on the face from the very onset and shows no scarring or recurrence.

Key words Cutaneous leishmaniasis, lupoid leishmaniasis, chronic cutaneous leishmaniasis.

Nail changes in psoriasis

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Background Psoriasis can affect any part of the body like scalp, genitals, flexural areas of body, hand and feet, nails and more severe form of erythrodermic psoriasis. Nail disease can present clinically as onycholysis, splinter hemorrhages, oil drop discoloration, nail bed hyperkeratosis, pitting, leukonychia, red spots in lunula, nail plate thickening, and nail plate crumbling. Nail psoriasis is considered as a cosmetic problem and nail changes cause pain and interfere with job.

Objective To determine the pattern of nail involvement in psoriasis.

Methodology It was a cross sectional study conducted at dermatology outpatient department of Pakistan Institute of Medical Sciences, Islamabad on 100 patients with psoriasis from 28th September, 2008 to 27th April 2009. The sampling technique used was non-probability purposive sampling. All the information was recorded on a specially designed proforma. Mean and standard deviation was calculated for age while frequencies and percentages were calculated for gender, onycholysis, Beau's lines, subungual hyperkeratosis, splinter hemorrhages, oil drop discoloration, nail bed hyperkeratosis, pitting, leukonychia, red spots in lunula, nail plate thickening and nail plate crumbling.

Results A total of 115 patients were included in the study, out of which 5 did not come for follow up, 4 developed other concomitant systemic disease and 6 suffered from other skin diseases during the course of study and they were excluded from the study. Patients of all ages were included, minimum age was 3 years and maximum age was 85 years. Mean age was 32.6 ± 16.5 years. Among these patients mean age of males was 37 years and females was 30 years. Males were 55% and females 45%. The findings observed in the study were pitting (68%), onycholysis (42%), subungual hyperkeratosis (16%), nail bed hyperkeratosis (15%), Beau's lines (13%), nail plate thickening (12%), leukonychia (11%), splinter hemorrhages (6%), oil drop discoloration (3%), red spots in lunula (3%) and nail plate crumbling (3%). The most frequent combination was pitting and onycholysis which was recorded in 28% of cases.

Conclusion Psoriasis affects not only skin but the burden of disease is also shared by nails which show different morphological features.

Key words Psoriasis, nail psoriasis, pitting

Intensity of BerEP4 immunostaining in basal cell carcinomas in Asian population

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Background Basal cell carcinoma (BCC) is relatively easily diagnosed cutaneous tumor, however at occasions it is confused with some squamous cell carcinomas, tumors of hair follicle and sebaceous gland origin. The presence of a specific marker for BCC will help resolve such cases.

Methodology The study population was the patients who were biopsied for clinical suspicion of BCC in the Skin Department of Military Hospital, Rawalpindi. Only those biopsies which were easily diagnosed on hematoxylin and eosin were included in the study (n=29). All such sections were then subjected to BerEP4 immune marker and the intensity of staining was noted. The study was conducted from 1st January, 2009 to 31st August, 2009.

Results The study group included 12 females (41%) and 17 males (59%), who were histologically diagnosed as BCC. All such cases were subjected to BerEP4 immune staining. All the tumors showed positive staining, the intensity was however variable. Seven out of 29 showed partial (24.2%), while 22 cases showed diffuse staining (75.9%). This was irrespective of the histological subtype and site of tumor, or age of the patient.

Conclusion BerEP4 is a specific and sensitive immune marker for BCC. It is positive in 100% of the cases. This immune staining is not seen in squamous cell carcinoma and partially seen in tumors of hair follicle and sebaceous gland origin. Hence BerEP4 can be used with confidence in all difficult to diagnose cases of BCC.

Key words Immunostaining, basal cell carcinoma

Prevalence of birth marks in 1000 Pakistani newborns

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Introduction Birth marks are common among newborns. Their prevalence varies between the races. Newborns with birth marks should be evaluated for the presence of underlying systemic involvement. Prevalence of birth marks has been reported world over but limited data is available from Pakistan. To the best of our knowledge this is the first study of its kind assessing the prevalence of birth marks and their relationship with gender and body weight.

Objective To study the prevalence of birth marks among newborns and their comparison with international studies.

Methodology 1000 full term neonates within 96 hours of birth were enrolled from labour room and nursery of Jinnah Hospital, Lahore, detailed history of mother, clinical examination and relevant investigations of child were carried out.

Results Out of 1000 newborns there were 469 boys and 531 girls. Mongolian spots were the most common birth mark seen in 632 babies, followed by salmon patch which was present in 120 babies. Uncommon birthmarks included café-au-lait macules, cutis marmorata telangiectatica congenita and congenital melanocytic nevus.

Conclusion Birth marks are commonly observed in newborns. Prevalence is not significantly different between male and female babies.

Key words Newborns, birthmarks, Mongolian spots.

Quality of life in androgenic alopecia

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Introduction Androgenic alopecia, also known as male pattern baldness, is a hereditary androgen-dependent disorder characterized by a defined pattern of hair loss from the top of scalp and regression of the hairline. Emotional disturbances that develop from hair loss can cause problems in every aspect of one's life including love, career and relationships.

The present study has been planned, for the first time in Pakistan, to assess the impact of androgenic alopecia on patient's quality of life.

Objective To assess the impact of androgenic alopecia on quality of life in our patients.

Methodology A total of 25 patients (11 males and 14 females), suffering from androgenic alopecia of any severity, between the age of 18 to 50 years, who themselves were able to understand and fill the DLQI questionnaire in English or Urdu version, were enrolled in the study. The data will be analyzed after compiling the results. The higher the DLQI score, the poorer was the quality of life.

Results The mean DLQI score in 25 patients were 13.09 in males and 16.07 in females. Anxiety was the major problem seen in 96% of the patients, while 80% of the patients also had a co-existent depression.

Conclusion It was noted that there were significant psychosocial limitations resulting from reactions of close relatives and friends.

Key words Androgenic alopecia, quality of life, DLQI

Quality of life in melasma patients

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Introduction Melasma is an acquired hypermelanosis characterized by irregular brown macules and patches occurring primarily on the forehead, cheeks and chin in a mask-like distribution. Melasma has a considerable impact on quality of life (QOL). Emotional disturbances that develop from melasma can cause problems in every aspect of one's life including daily activities, leisure, love, career and personal relationships. It is the first study of its kind in Pakistan.

Objectives To assess the quality of life in Melasma patients presenting to a tertiary care hospital

Settings Outpatient Department of Dermatology Unit-I, KEMU/ Mayo Hospital, Lahore

Methodology Fifty patients (42 females and 8 males) suffering from melasma of any severity or type, ages ranging from 18 to 50 years who were themselves able to understand and fill the DLQI questionnaire in English or Urdu version were enrolled in the study. The data was analyzed after compiling the results.

Results The mean DLQI score in 42 females and 08 males was 16.80 and 13.75, respectively. Patients with severe effects were 76% while 16% showed moderate effects and only 4% had small effect on their lives.

Conclusion Melasma severely affects quality of life that needs an imminent treatment.

Key words Melasma, quality of life, DLQI

Role of steroids in the outcome of SJS and TEN

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Background Stevens-Johnson syndrome (SJS) is characterized by maculopapular, target-like, bullous or pustular lesions of the trunk and involvement of two or more mucose. It is also accompanied by fever, malaise, myalgia and arthralgia. Whereas toxic epidermal necrolysis (TEN) is characterized by extensive sheet-like skin erosions with widespread purpuric macules or flat atypical target lesions, accompanied by severe involvement of conjunctival, corneal, irideal, buccal, labial and genital mucous membranes. The role of steroids in the treatment of SJS and TEN is debatable.

Objective The purpose of this study was to see the clinical outcome of patients suffering from SJS or TEN who were admitted in the department of dermatology Jinnah Hospital/ AIMC Lahore and were treated with or without steroids.

Methodology The diagnosis of SJS and TEN was made clinically. Patients of all ages and both sexes were enrolled for this study. Clinical data was recorded on a proforma specially designed for SJS and TEN. Clinical outcome of treatment with or without steroids was again recorded according to scoring system devised for this particular study. It is an ongoing study which was started in October, 2006.

Results A total of 33 patients were included in this study, out of these 20 (60.6 %) were female and 13 (39.4%) were male. Out of these 24 (72.3%) patients were suffering from SJS and 9 (27.7%) had TEN. A total of 5 patients suffering from SJS were given steroids along with other treatment. Out of these 1 (4.1%) died and 4 (16.4%) recovered. Nineteen patients suffering from SJS were managed without steroids. Out of these 1 (5.26%) died while 18 (94.7%) patients recovered. 6 out of 9 patients suffering from TEN were managed with steroids. 3(50%) of these patients expired while 3(50%) recovered. 3 (33.3%) were managed without steroids and out of these 1(33.3%) patient expired while 66.6% patients recovered.

Limitations The sample size was small as only a total of 33 cases of both SJS and TEN were reported over 3 years.

Conclusion The outcome of management of patients suffering from SJS and TEN is better without steroids.

Key words Steroids, SJS, TEN

Skin changes in various grades of chronic renal failure

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Introduction Chronic renal failure is a progressive loss of renal function over months or years. Commonest causes are diabetes mellitus, hypertension and glomerulonephritis. Patients suffering from chronic renal failure and in patients of hemodialysis various skin changes include xerosis, pruritus, pigmentary disorders, pallor, acquired perforating disorders and recurrent infections along with certain nail, hair and oral mucosal changes.

No concrete data in Pakistan is available, so it was imperative to study various skin changes in patients of chronic renal failure.

Objectives To determine skin changes in various grades of chronic renal failure.

Methodology 350 patients fulfilling inclusion criteria were enrolled after acquiring permission from ethical committee, an informed consent was taken. Detailed

examination and required investigations for cutaneous manifestations were carried out, noted and entered in a structured proforma over a period of six months.

Results Preliminary results show 82% had end stage renal disease, 83% patients of chronic renal failure had skin changes, 54% males and 46% females. The most prevalent finding was xerosis 85% followed by pruritus 79%, pallor 72%, pigmentary disorders 51%, ecchymosis 42% and perforating dermatosis 14%.

Conclusion Chronic renal failure is associated with complex array of skin changes caused either by disease or treatment. Commonest are xerosis and pruritus and early recognition of skin changes can relieve suffering and decrease morbidity.

Key words Chronic renal failure, skin changes.

Systemic cyproterone acetate and 5% minoxidil topical in the treatment of female pattern hair loss

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Objective To assess the efficacy and safety of systemic cyproterone acetate and 5% topical minoxidil lotion in female pattern hair loss (FPHL).

Methodology This was a six month open trial of 2mg cyproterone acetate and 35micrograms ethinyl estradiol (Diane 35®) for 21 days of each cycle and 50 mg cyproterone acetate for 10 days along with Diane 35® and 5% topical minoxidil , 1ml twice daily for all days of treatment. Study was conducted on out patients at Abassi Shaheed Hospital/Aga Khan Hospital, Karachi. 26 females with FPHL were included in the study.

Results At six months, compared with base line there was a statistically significant improvement in hair growth / decrease or no loss of hair reported. Both treatment regimens were well tolerated. There was no progression of FPHL in all patients.

Conclusion Systemic cyproterone acetate and 5% topical minoxidil is effective and safe in FPHL.

Key words Cyproterone, female pattern hair loss

Treatment of melasma with ablative fractional photothermolysis: our preliminary experience

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Background Melasma is a common acquired

hypermelanotic disorder that often causes major psychological and social setbacks. Recent histopathological studies have revealed increased number of melanocytes, solar elastosis, and abundant mast cells in the lesional skin. Fractional photothermolysis is one of the most significant milestones in laser technology and has revolutionized skin resurfacing especially in Asians.

Objective To evaluate the efficacy and safety of an ablative 10,600-nm carbon dioxide fractional laser system on melasma in our racially pigmented skin.

Methodology Ten patients who were unresponsive to previous treatment were treated with the CO₂ Fractional laser (Danil SMC, Seoul, Korea). Treatment parameters used were: fluence 2.5-3.5 mJ/cm², pulse duration 200-300 microseconds, and pixel density 100-300 dots/cm². Four to six treatment sessions were performed after 3 to 4 weeks. Patients were instructed to use hydroquinone and glycolic acid combination (Sanclair®, Sante Pharmaceuticals) at bed time and ZeDerm® (Biomars, Pakistan) in the morning. Efficacy was evaluated 4 weeks after the last session using subjective visual grading scale and by Melasma Area and Severity Index (MASI).

Results Patients reported on an average of approximately 60% improvement four weeks after last treatment. Mean MASI scores decreased significantly from 7.8 to 3.3. Transient post-laser hyperpigmentation was observed in 30% of the patients.

Conclusion Ablative fractional photothermolysis in combination with traditional melasma remedies does leads to significant clinical improvements but the technique is tricky to learn and master. Its judicious use in melasma is advised especially in racially dark complexion to avoid paradoxical hyperpigmentation

Key words Melasma, photothermolysis.

Black dot tinea affecting the eyebrows in an adult female

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Tinea capitis is predominantly an infection of hair shaft caused by different species of dermatophytes that vary from country to country; however, anthropophilic species predominate. A variety of clinical presentations have been recognized including, black dot, grey patch, kerion, favus, and agminate folliculitis. Children are affected much more frequently than adults, though the occasional cases of tinea capitis in adults must not be forgotten. Adult cases of tinea capitis have also been reported in patients having altered immune status. We report a case of tinea capitis and corporis with involvement of eyebrows in otherwise healthy adult female patient.

Key words Black dot, scalp, eye brows, adult.

A series of epidermodysplasia verruciformis with malignant transformation

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Epidermodysplasia Verruciformis is an inherited disorder with widespread and persistent infection with human papilloma virus (HPV). It is characterized by the presence of plane warts, pityriasis versicolor-like lesions and reddish plaques. An important aspect of this disorder is malignant change. Patients should be observed for development of carcinoma and pre-malignant lesions mostly on sun exposed sites. Here is a case series of three patients from different families and different age groups with development of non-melanoma skin cancers in the lesions of epidermodysplasia verruciformis.

Key words Epidermodysplasia verruciformis, wart, malignant transformation

Generalized cutis laxa with systemic involvement

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Cutis Laxa (Latin for loose or lax skin) is a rare, inherited or acquired connective tissue disorder, characterized clinically by lax, pendulous skin, which becomes inelastic and hangs in redundant folds, with premature ageing and histologically by sparse, fragmented and clumped elastic tissue in upper dermis showing granular degeneration. Elastic fibers are deficient in elastin. It is heterogeneous condition with several causes and associations.

We describe a case of cutis laxa in a 27-year-old female, having prematurely aged appearance, presented to us with periorbital puffiness, drooping of upper eyelids, abdominal hernia and shortness of breath. She had right sided pleural effusion and ascites. CT chest revealed bronchiectatic changes. On echocardiography signs of right heart failure were present. Histological examination showed broken up elastic fibers.

Key words Cutis laxa, elastic fibers

Kindler syndrome

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Kindler syndrome is a hereditary disorder that is characterized by acral blister formation (in infancy and childhood) and photosensitivity, which improve with age, and generalized progressive poikiloderma with extensive cutaneous atrophy. First described in 1954, less than 100 cases have been reported worldwide. Four cases of this syndrome were reported from our department in 1995-96. We describe a new case of this syndrome with some additional features.

Key words Kindler, genodermatosis, poikiloderma

Scleromyxedema in an HCV- positive male

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Scleromyxedema is a rare chronic disease with an unknown etiology. It is characterized clinically by generalized papular eruption and diffusely thickened plaques over the face, trunk and acral areas. Histopathologically there is mucin deposition in the dermis. Many patients reveal a monoclonal gammopathy on serum electrophoresis. The cutaneous involvement in scleromyxedema is often associated with underlying systemic pathology. Hepatitis C is one of the rare associations.

We report a case of scleromyxedema in a 42-year-old male who also had HCV infection.

Key words Scleromyxedema, lichen myxedematosus, HCV

Acinitis (synonyms: acne agminata, lupus miliaris disseminatus faciei)

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Acinitis is an uncommon chronic, inflammatory dermatosis characterized by multiple, monomorphic, symmetrical, reddish-brown papules on chin, forehead, cheeks and eyelids. The lesions may cluster around the mouth and eyes so that the term Agminata is appropriate. Lesions may be widely disseminated around the face and the term disseminatus seems more applicable. Active disease usually lasts 1-3 years and resolves spontaneously, sometimes with scarring. Many cases with similar and additional features have been reported in the foreign literature. We report one case of this disease along with review of literature.

Key words Acinitis.

Successful management of cutaneous cryptococcosis in a child with amphotericin B injection and oral fluconazole

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A young boy aged 17 years presented with 13-year history of multiple discharging and ulcerated nodules and swellings over neck, axillae, trunk, groin, hip and

limbs. He developed pain over right hip and limping gait few months ago. He received prolonged courses of ATT without benefit. Histopathology of cervical lymph nodes revealed granulomatous inflammation with multinucleated giant cells containing round yeast forms with narrow-based budding. GMS and mucicarmine stain showed presence of capsules around these yeast forms consistent with cryptococcosis. Child was administered intravenous amphotericin B (0.5-01mg/kg daily initially and then twice a week to a total dose of 900 mg) and oral fluconazole 150mg twice daily. Within 4 months, lesions subsided. After 2 years follow-up while patient is on fluconazole 300mg daily, there is no recurrence of lesions.

Key words Cryptococcosis, amphotericin B.

Dercum's disease

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Dercum's disease is a chronic progressive disorder of unknown etiology. The disease was first described in 1892 by Francis Xavier Dercum, an American neurologist. It is more common in postmenopausal women. It is characterized by painful subcutaneous lipomas or fat accumulations largely on the trunk and limbs. There is also associated asthenia, easy bruising over the affected areas and hypercholesterolemia. The pathogenesis of this disease is still unknown. Though treatment consists of a combination of medical and surgical therapies along with rehabilitation maneuvers, it has not yet proved very successful. We report two cases of this rare disease. The clinical, histopathological and imaging findings supported the diagnosis.

Key words Dercum disease, adiposis dolorosa.

Lipoid proteinosis

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Lipoid proteinosis is an uncommon, autosomal recessive disorder characterized by infiltration of hyaline material into the skin, oral cavity, larynx and internal organs. The patients of this disease present with hoarseness of voice, beaded papules on eyelid margins, hyperkeratosis of skin and an inability to protrude the enlarged, thickened tongue (macroglossia). Many similar cases with additional features have been reported in foreign literature. We describe two cases of this disorder along with review of literature.

Key words Lipoid proteinosis, hyaline material, macroglossia

Unilateral dermatomal haemangiomas (synonyms: zosteriform venous malformations)

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Cases have been described in which vascular tumors, histologically similar to those reported in the blue rubber bleb nevus syndrome, developed in a unilateral grouping suggesting a dermatomal distribution. These are purplish hemispherical nodules which may be tender, up to 1.5 centimeter in diameter. There has been no evidence of any associated bony or systemic lesions. The lesions have shown no tendency to resolve spontaneously. Many cases, with similar and additional features, have been reported in the foreign literature. We describe one case of this disease along with review of literature.

Key words Dermatomal haemangiomas, blue rubber bleb nevus syndrome.