

10th Annual Conference of Dermatology, Bhurban 26-28 September, 2003

Pakistan Association of Dermatology held its 10th Annual Conference at Bhurban from 26 to 28 September, 2003. Abstracts of all scientific presentations during the conference are reproduced herein.

1. Sensitivity of various laboratory investigations in the diagnosis of Old World cutaneous leishmaniasis

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Objective To find the sensitivity of Leishmanin test, direct microscopy and leishmania culture in the diagnosis of cutaneous leishmaniasis in Pakistan.

Design Observational study.

Setting Skin Department, PNS Shifa and DESTO Laboratories, Karachi.

Materials and methods Forty patients were included in this study. Leishmanin test, direct microscopy and leishmania culture were performed on all these patients.

Result Leishmanin skin test was positive in all the 40 patients (100%). Direct microscopy for leishmania was positive in 28 patients (70%). Leishmania culture was positive in 32 patients (80%).

Conclusion Traditional methods of diagnosis are very sensitive for the diagnosis of cutaneous leishmaniasis. Leishmanin skin test can be used as a screening test for cutaneous leishmaniasis.

2. Comparison of 4 and 40 milliseconds pulse durations for Nd: YAG hair removal laser

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Objectives Laser-assisted hair removal is the therapy of choice for treatment of unwanted hair and Nd:YAG laser system is the safest for Asian skin. Longer pulse durations are considered to be more effective but scientific data evaluating this parameter alone is sparse. This study examines the clinical efficacy of

Nd:YAG hair removal laser at 4 and 40 milliseconds (ms) pulse durations.

Methods Ten Pakistani patients with coarse facial hair were treated with Nd:YAG laser. Keeping all the other parameters identical, one side of the face was randomly treated with 4 ms pulse duration and other with 40 ms. Four treatment sessions with 12-15 mm spot size and fluence of 26-42 J/cm² were performed after 4-6 weeks. Final objective evaluation was done 6 months after the last treatment.

Results Forty milliseconds pulse duration resulted in an average hair reduction of 78% compared with the baseline while 4 ms pulse width caused an average reduction of 59% (p<0.05).

Conclusion Longer pulse durations are more effective in causing permanent laser hair reduction.

3. Xeroderma pigmentosum in Larkana, Pakistan. Clinical and histopathological observations

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Xeroderma Pigmentosum (XP) is a rare autosomal recessive disorder caused by defect in normal repair of DNA of various cutaneous cell types damaged by exposure to ultraviolet (UV) radiations. We present our 7-year experience with 36 XP patients. They either visited dermatology department, and/or were seen during the medical camps arranged in remote areas for patients' welfare from 1995 to 2001. The male to female patient ratio was 1:1. The age of patients ranged from 2 to 30 years (mean 8.9 years). The disease (freckles and/or photophobia) started at the age of 6 to 24 months. All the patients had mild to severe freckles on the exposed parts of the body and the majority were sensitive to sunlight.

Seventeen patients had changes like actinic keratosis, keratoacanthoma, fissures and ulcerative nodules on the exposed parts of the body. Four patients had large ulcers along with mass formation and severe pigmentation on the face, neck and head. Twenty-nine patients developed ocular symptoms like photophobia, conjunctivitis, corneal keratitis and lid ulcer. One patient was seen with complete loss of vision. Histopathological findings revealed that 6 patients had squamous cell carcinoma (SCC) on different parts of the body like face, head, ear and lip. Two to four siblings were affected in four families. No neurological abnormalities were observed in our patients. All the patients were treated symptomatically. Two patients died due to extensive SCC.

4. Neurofibromatosis and Caroli's disease - an extremely rare combination

Arfan ul Bari, Simeen ber Rahman*

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Background Neurofibromatosis (NF) has fascinated physicians and scholars for many centuries. This condition is one of the common autosomal dominant disorders in human beings that affects the bone, the nervous system, soft tissue, and the skin. NF1 accounts for 96% to 97% of all cases of NF and results from defects in the NF1 gene on chromosome 17. NF1 is usually diagnosed by cardinal dermatologic features but it can be compounded by a broad spectrum of complications and associations. We present a florid case of NF who presented with unusual symptoms and was found to have associated Caroli's disease, which is a rare congenital disorder of the intrahepatic bile ducts.

Case history A 43-year-old female presented with generalized pruritus for last six months and moderate to high-grade fever for one week. On physical examination she was found to have multiple neurofibromas, café-au-lait macules, axillary freckles and Lisch nodules. On abdominal ultrasonography multiple dilatations and stasis was seen in hepatobiliary tree and a diagnosis of associated Caroli's disease was made. She was initially managed conservatively and then referred to surgical specialist for further evaluation and management.

Conclusion Caroli's disease is a rare congenital disorder and its association with NF is even rarer. To date only one such case has been reported in literature.

5. Etiologic break-up in cases of erythroderma in our community as assessed by clinical and histopathological evaluation

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Background Erythroderma is a fairly common entity presenting to dermatology outpatients, sometimes also landing in emergency rooms. Few original patient series have been published locally and internationally. Moreover, the relative frequency of different etiologies is expected to change over the years.

Objectives 1. To study the etiologic break up of erythroderma in our community, aided by clinical evaluation and histopathological examination. 2. To assess the frequency of cases remaining undiagnosed despite thorough clinical and histopathological evaluation.

Methods 50 consecutive adult (38 male, 12 female) patients with erythroderma presenting to the dermatology outpatients from November 2001 to December 2002 were enrolled into this prospective study after obtaining verbal consent. Personal and clinical data were entered into a pro forma. Skin biopsy was taken and hematoxylin and eosin stained sections were analyzed in the hospital's laboratory. Final diagnosis was reached by correlating clinical and histopathological findings.

Results The final break-up of causes showed that eczemas of different types were found in 17(34%) patients, psoriasis was responsible in 14(28%) and drugs in 4(8%) of patients. Pemphigus foliaceus was found in 2(4%) patients whereas cutaneous T-cell lymphoma, secondary skin infiltration by non-Hodgkin's lymphoma, pityriasis rubra pilaris and ichthyosis were responsible in 1(2%) patient each. 9(18%) patients remained undiagnosed despite thorough clinical and histopathological evaluation of H&E stained sections.

Conclusion Pre-existing dermatoses (predominantly eczema and psoriasis and less commonly pemphigus foliaceus, pityriasis rubra pilaris and ichthyosis) constituted the largest group of erythrodermic patients followed by the idiopathic group. Drugs accounted for the rest, whereas disorders related to malignancy were present in a minority.

6. Zosteriform lichen planus: a new variant of a common disorder

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Background Ordinarily, Lichen planus (LP) is normally easily recognizable but sometimes it may be disguised. It has been reported to occur in the scars of previous herpes zoster lesions. Zosteriform pattern in LP, without evidence of herpes zoster, is an extremely rare occurrence.

Materials and methods Six patients of varied ages presented with grouped lichenoid lesions on various regions of the body with no previous or concomitant history of herpes zoster on the involved site or elsewhere on the body. Lesions were clinically assessed and laboratory investigations including blood CP, blood sugar, serum liver function tests, serology for hepatitis B & C, serum urea and creatinine were carried out. Skin biopsies were also performed for histopathological studies in all cases.

Results All patients were young to middle-aged males. No associated systemic illness was seen in any patient. Skin lesions were suggestive of LP. Laboratory investigations were within normal limits in all patients except one, who was positive for hepatitis C. Skin biopsies revealed classical changes of lichen planus in all cases.

Conclusion Linear lesions following lines of Blaschko have not been so uncommon, but zonal or zosteriform distribution of LP lesions without koebnerization is a very rare occurrence. Exact etiology of this unusual pattern could not be ascertained. The possible cause could be an unknown drug, food or a form of blaschkitis. Zosteriform LP is an emerging new variant, which should be looked for in clinical practice.

7. Beaded papular epidermal hyperplasia of neck

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Case summary: A 14-year-old school girl presented with one-year history of gradually progressive, asymptomatic, linearly arranged, fancifully symmetrical, skin colored multiple beaded papules around the front and sides of her neck. There were no lesions elsewhere on her body. She did not have family history of

similar lesions. A skin biopsy revealed broad papillomatosis, mild acanthosis and a few vacuolated cells but no hypergranulosis or verrucae bodies. The dermis was unremarkable. The lack of family history and absence of classical histological features ruled out a diagnosis of epidermal dysplasia verruciformis. There was no sebaceous gland hyperplasia in the dermis as seen in juxta-clavicular beaded papules of neck. The elastic tissue stains did not reveal degenerated elastic fibres in the dermis as seen in pseudoxanthoma elasticum and pseudoxanthoma-like papillary dermal elastolysis of the neck. The morphology and distribution of the lesions was unlike that of dermatosis papulosa nigra. A miniature form of similar lesions was observed in another eleven young girls and one young man. This most likely represents a normal physiological variation. Since this entity does not fit in any of the known dermatosis, therefore a descriptive name "Beaded Papular Epidermal Hyperplasia of Neck" has been suggested.

8. Retinitis pigmentosa-like oral pigmentation in association with retinitis pigmentosa

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Case summary Four cases of pigmentation of oral mucosa associated with retinitis pigmentosa belonging to the same family are being reported. The father and three out of six siblings were affected. The pattern and colour of pigmentation in the buccal mucosa was very similar in appearance to that of retina in retinitis pigmentosa. The pattern of pigmentation in the oral mucosa in the first instance prompted the author to ask for history of night blindness and led to the examination of fundus with resultant diagnosis of retinitis pigmentosa in four family members who were previously unaware of its presence. The three siblings who did not have retinitis pigmentosa had no pigmentation in the oral mucosa. This suggests an association of retinitis pigmentosa-like oral pigmentation with retinitis pigmentosa. Although there are many dermatological associations of retinitis pigmentosa but to the best of my knowledge no such association, as reported here, has been previously described.

9. Non Hodgkin's lymphoma

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Lymphomas are designated as primary or secondary on the basis of their origin in the skin or extra-cutaneous tissues. Cutaneous lymphomas are classified according to their cell type of origin. Case of a 55-year-old male is described who had big masses on his forehead, side of face and axillae for the last one year. Biopsy was taken from all the three sites for histopathology. The diagnosis of non-Hodgkin's follicular centrocytic lymphoma was made. Patient was put on chemotherapy. He received regular pulses of cyclophosphamide, doxorubicin, vincristine, oncovin and prednisolone. His response was remarkable and only after three pulses the lesions decreased by 75%. This type of lymphoma carries good prognosis and prolonged remission is usually achieved. Five years survival is around 60%.

10. Contact reactions in hospital workers

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Background Contact dermatitis accounts for more than 90% of all occupational skin diseases. Hospital workers are exposed to a wide variety of allergens and irritants as a part of their occupational environment.

Objectives Aim of the study was to determine the pattern of contact dermatitis in hospital workers in our setup.

Study Design 732 hospital workers, including doctors and paramedical staff were screened using a questionnaire. All those with the clinical suspicion of allergic contact dermatitis were patch tested. Results were read at 48, 72 and 120 hours and were interpreted according to International Contact Dermatitis Research Group criteria and relevance correlated.

Results Out of the 732 hospital workers that were screened 219(30%) reported contact reactions (including allergic contact dermatitis, irritant contact dermatitis and contact urticaria). 109(50%) had irritant contact dermatitis whereas 105(48%) were diagnosed as having allergic contact dermatitis. Five (2%) had contact urticaria. Out of those patch tested, nickel sulphate was the most frequent allergen.

Conclusion Irritant contact dermatitis is more common than allergic contact dermatitis among hospital workers in our setup.

11. Effect of contact dermatitis on dermatology life quality index

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Background Dermatology Life Quality Index (DLQI) is a self-administered general quality of life instrument, which has been widely used, in different dermatological disorders including contact dermatitis, which is a chronic recurrent dermatosis with physical and psychosocial handicap.

Objective To find out the impact of contact dermatitis on quality of life in patients by using DLQI and to correlate with various factors e.g. duration, extent of disease etc.

Patients and methods DLQI questionnaire was administered to 87 (60 females and 27 males) consecutive patients with contact dermatitis who were seen at the Patch Test Clinic, Department of Dermatology, Mayo Hospital, Lahore, from January to June, 2000. The higher the score of DLQI, the poorer was the quality of life.

Results The mean DLQI score was 11.29±6.8. The mean score was 9.48±5.38 in males and 12.1±7.3 in females. The mean scores were higher in young (21-40 years), married, females with shorter duration of disease.

Conclusion Contact dermatitis has more devastating effect on young and married females.

12. Are young medical graduates equipped with required minimum dermatology knowledge?

Muhammad Jahangir

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Objective The purpose of this study was to assess the level of knowledge of our medical graduates about the common dermatoses prevalent in this community.

Subjects and methods Medical graduates from various medical colleges, based in Lahore and doing their first year of house job were enrolled in this study. Their knowledge of common dermatoses was assessed by a written

test. The question-paper consisted of a combination of multiple choice, single best and matching type of questions. A panel of three consultant dermatologists involved in undergraduate teaching devised every component of the question-paper.

Results One hundred and ninety eight subjects were enrolled in this study. They were working as house officers in various departments of Jinnah, Sir Ganga Ram, Services, Mayo and Lahore General Hospitals in Lahore. Analysis of data revealed that 34% had never entered a dermatology unit for training during their graduation. Only 35% of the subjects had attended up to three-quarters of dermatology lectures and clinical sessions. Only 26% of medical graduates achieved the results indicative of desired minimum knowledge of dermatology. The remaining 74% were grossly deficient in their dermatological awareness.

Conclusion The majority of our young medical graduates lack the minimum dermatological knowledge.

13. Chronic mucocutaneous candidiasis - a fatal disease

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Background Chronic mucocutaneous candidiasis, infection of mouth, skin and nail refractory to conventional therapy is a rare disorder. It has many varieties. Some of them are subtle and easily missed problems. Yet their diagnosis is vital for the life of the patient.

Brief History The patient presented to Dermatology OPD for the failure of conventional treatment for candida infection of airways. This 11-months-old female child had presented to a pediatrician with hoarseness of voice since 1 month of age, deformed nails, scaly skin lesions and ulcers on ear and back of neck since 5 months. Her elder sister died at 6 months of age with hoarseness of voice but without skin lesions, and a brother died at two and a half years of age with similar condition. She was treated with topical antifungal and griseofulvin in the ward. Tracheostomy was done when she went into acute respiratory distress in the hospital. Histopathology of the tracheostomy specimen showed mycelial growth and spores of candida. She was investigated for immunodeficiency and endocrinopathies, which were normal. She responded well to itraconazole and was

discharged from the hospital. Her hoarseness improved after 4 weeks of treatment.

14. Deep mycosis following immunosuppression for pemphigus vulgaris

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We report a case of pemphigus vulgaris and NIDDM, well controlled on drugs, who developed large nodular swelling over the chest. A large cheesy mass was expelled from the swelling, which histopathologically revealed numerous branching septate fungal hyphae. *Aspergillus flavus* was isolated on Sabouraud dextrose agar. Chest radiograph revealed chronic inflammatory changes in lung fields. His bronchial washings were positive for AFB. The patient has been placed on antifungal and antituberculous treatment to which he has responded well.

15. Effect of LPIR alexandrite laser on Asian skin & safety of laser in pregnancy

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In 800 women clients with the clinical diagnosis of hirsutism, 18 (eighteen) were pregnant when first epilation was started and 23 conceived during the laser epilation sessions. Age ranged from 20 to 40 years and the clients were from low socioeconomic to upper middle class. Most of them were housewives. Hormonal status was normal during pregnancy. Two of them were suffering from gestational diabetes mellitus. Half the ladies had Hb% less than 10 gm%. Period of study was from 1st October, 2000 to 30th April, 2002. Antenatal, natal and postnatal care was carried out in different hospitals and maternity centers. After delivery the neonates were thoroughly examined by a paediatrician; their apgar scores ranged from 6/10 to 8/10. All were normal and there was no complication during antenatal, natal or postnatal period. No congenital abnormality was detected.

Treatment plan Treatment was done with LPIR alexandrite laser and skin type was III to V associated with acne in 10% cases and melasma in 14% of cases. Treated areas: chin 36%, upper lip 28%, sideburns 20%, eyebrows 10%, arms 2%, armpits 2%, forehead 2%. 6 - 10 treatments at 4 - 8 week intervals were carried out. Hair growth and density reduced up to 80% but a remarkable increase in the

length of hair was noted after 6 treatments. Mild burns were noted in 2% clients. Hyperpigmentation and postinflammatory hypopigmentation were observed specially in skin type V.

Conclusion Laser epilation with LPIR alexandrite laser is safe in pregnancy and is effective by 70% to 80% in Asian skin.

16. FNAC in granulomatous and malignant skin conditions

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Background Granulomatous and malignant skin diseases can be diagnosed by fine needle aspiration cytology (FNAC) and skin biopsy. FNAC is a quick, comfortable, accurate and reliable method of sampling with minimal complications and patient discomfort. When an adequate specimen is obtained, a definitive diagnosis can be established.

Objective To study the yield of FNAC in granulomatous and malignant skin disorders.

Methods Twenty patients with the clinical diagnosis of granulomatous or malignant disease irrespective of age and gender were studied. FNAC was performed keeping the needle horizontal or slightly oblique. Slides were stained with hematoxylin and eosin and studied.

Results Out of 20 FNAC 80% were positive. In 20% of cases the result was hemorrhagic aspirate.

Conclusion FNAC is a diagnostic method that is of great value in the rapid, reliable and cost-effective diagnosis of granulomatous and carcinomatous lesions.

17. Secondary syphilis mimicking palmoplantar pustular psoriasis: an unusual clinical presentation

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Pustular lesions in the secondary stage of syphilis are rare. We report a 38 years old Pakistani male with secondary syphilis who had pustular and erythematous scaling lesions on the palms and soles which closely resembled palmoplantar pustular psoriasis. The

patient's serology and histopathology for syphilis was positive and the lesions cleared with injection benzyl penicillin.

18. Topical calcipotriol vs. oral psoralen-UVA (PUVA) and topical calcipotriol in the treatment of vitiligo in type-IV skin

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Background The treatment of vitiligo is a challenging task for dermatologists. Although several therapeutic modalities have been tried, till date there is no convincing treatment of the disease. Psoralen-UVA (PUVA) has an established role in the treatment of vitiligo. Topical calcipotriol alone and in conjunction with PUVA has shown good results in recent international studies in the treatment of type-I and II vitiliginous skin.

Objective To assess the role of topical calcipotriol alone and in conjunction with PUVA in the treatment of vitiligo in type IV skin.

Patients and methods This study was conducted in the Department of Dermatology, Mayo Hospital, Lahore, from 1st June to 1st December 2002. Sixty patients of vitiligo (26 males and 34 females), aged 12-60 years and involving <30% of body surface area were enrolled. All the patients were randomly divided into two equal groups. Group-I patients were treated with twice daily application of topical calcipotriol for six months, whereas in group-II patients in addition to topical calcipotriol, photochemotherapy was advised thrice a week for the same duration. Response was graded as follows: G0-no response (0%), G1-poor response (1-25%), G2-fair response (26-50%), G3-good response (51-75%), G4-excellent response (76-100%).

Results Seventy per cent of the patients in group II showed excellent response, whereas none of the patients in group I had similar response.

Conclusion We conclude that topical calcipotriol alone has no role in the treatment of vitiligo in type-IV skin but when combined with PUVA may potentiate its efficacy, leading to an excellent response in >2/3 of the patients.

19. Frequency and complications of irrational use of topical steroids in dermatophytosis

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Background Dermatophytosis or ringworm infections are very common skin infections, frequently maltreated. A study was conducted in department of dermatology PIMS to determine the frequency of irrational use of topical steroids by the doctors and patients.

Objectives 1. To determine frequency of topical steroids used in dermatophytosis. 2. To find out frequency of irrational use by doctors and indiscriminate use by patients. 3. To observe complications caused by topical steroids. 4. To know the type of steroids used.

Methods Over a period of six months 154 diagnosed cases of dermatophytosis were included in the study. Diagnosis was based on clinical assessment and KOH preparation. Data was collected by a questionnaire, analyzed and presented by frequency and percentage.

Results Total 154 cases from the 14 districts of Pakistan and AJK were enrolled. Male:female ratio was almost 1:3. 88 (57.1%) patients had applied steroid before coming to the OPD. 54 (35.1%) had applied betamethasone, 21 (13.6%) clobetasol, 8 (5.2%) 1% hydrocortisone and 4 various other forms of fluorinated steroids. 52 (33.8%) applied steroid following a doctor's prescription, 36 (23.4%) applied on their own. 43 (27.9%) out of 88 presented with plaques of tinea incognito, and 21 (13.6%) presented with secondary bacterial infections.

Conclusion topical steroids are commonly prescribed by doctors or used on their own by patients. This irrational use not only aggravates and complicates the disease, which in turn leads to prolonged treatment time but also increases the cost of treatment.

20. Patients' perceptions about acne. A questionnaire study in 100 patients with acne.

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Background Acne is one of the commonest dermatoses. Misperceptions and inadequate

knowledge about the disease leads to maltreatment, enhancing morbidity.

Objective The objective of the study was to find out and document patients' perceptions about various aspects of acne.

Patients and methods A questionnaire survey was conducted among one hundred consecutive patients suffering from acne attending skin OPD, Jinnah hospital, Lahore. The questionnaire consisted of 22 items about different aspects of acne. The data was tabulated and analyzed with the help of a database.

Results Misperceptions about acne were common in study population. Food (81%) and indigestion (42%) were considered to aggravate acne. Relieving factors included; repeated washing of face (42%), topical steroids (32%), beauty creams (25%), marriage (19%) and emollients (15%). 75% thought genetic/familial background unimportant in causation of acne. Acne was conceived contagious by 42%.

Conclusion Misconceptions are common in patients with acne. There is a need to incorporate proper instructional strategies as a part of acne treatment.

21. Bowen's disease of male breast - A rare entity.

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A case of Bowen's disease of the male breast is presented. Bowen's disease, although common in other parts of the body, has not been reported on the male breast disease in the surgical literature. Bowen's disease is a slowly enlarging erythematous patch with sharp but irregular outline; within the patch are general areas of scaling and crusting referred as intraepidermal squamous cell carcinoma, or squamous cell carcinoma in situ. There is a full-thickness anaplasia of the epidermis, with loss of the normal maturation of its components.

22. Irritation with toilet soaps

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Irritation with soaps and detergents is well documented and many cosmaceutical companies claim safer soaps. We planned this

study to evaluate irritation from different soaps.

Objectives To evaluate justification for prescription or advice about soaps by dermatologists.

Materials and methods This observational study was carried out at the Department of Dermatology, Punjab Medical College, Faisalabad from 1st January 2002 to 30th June 2002. Two hundred subjects were evaluated with the help of a questionnaire. One hundred patients selected randomly from the patients attending OPD and one hundred healthy volunteers selected from various undergraduate colleges were enrolled. All subjects who could understand the study and give informed consent were included. The findings were analyzed with computer using Microsoft excel.

Results Out of 200 subjects under study there were 150 females and 50 males. 44% females and 38% males developed irritation with soaps. Maximum number of subjects reported irritation from Lux (38%) and Safeguard (18%). 76% females and 90% males preferred to consult a dermatologist about the use of soap.

23. Histological spectrum and clinicopathological correlation of cutaneous granulomas: our experience at Mayo Hospital, Lahore, Pakistan.

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Background Granulomatous disorders are commonly encountered in a tertiary care hospital. Diagnosis is rather difficult and unreliable purely on clinical grounds. Though the microscopic findings of different granulomas have some similarities, but histopathology is still the most important laboratory investigation required to confirm the diagnosis. Differentiating infective from noninfective granulomas has an impact on treatment and prognosis.

Objectives To study the histological types and clinicopathological correlation of cutaneous granulomas.

Materials and methods It was a retrospective study carried out in the Department of Dermatology, Mayo Hospital, Lahore, from August, 2001 to June, 2003. Skin biopsies of 71 clinically diagnosed cases were subjected to

histopathological examination, special stains (Ziehl-Neelsen, periodic acid Schiff, Gram and Giemsa), serological study and fungal culture, as and when required.

Results Out of 71 cases, the different varieties of cutaneous granulomas, were as follows. The most common granuloma proved on histopathology was tuberculosis (53.5%), followed by leishmaniasis (12.7%). Sarcoid and fungal granulomas were seen in 9.9% cases each. In 7% specimens, the histopathological features were those of leprosy. Necrobiotic granulomas were found in 4.2% cases while there were 2.8% cases of granulomatous cheilitis.

Conclusion The commonest clinical presentations of granulomas were erythematous plaques and in more than half the cases histopathological diagnosis was tuberculosis.

24. Treatment of depressed scar marks without surgery

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Background The treatment of depressed ice-pick scar marks especially on face has been a challenge to the clinicians for ages. Recently cosmetic surgery has brought new horizons in the form of dermabrasion, excision of scars and collagen injections. All are expensive treatments with improvement ranging from 30-75%.

Objective The objective of the study was to design an inexpensive strategy of a new concept of treatment for scars due to acne, chicken pox, and trauma.

Basic concept & methodology Re-epithelialization & collagen formation followed by irritation and activating old scars. Re-epithelialization and neocollagen formation is achieved with daily topical and/or injectable solcoceryl and activation of the old scars is done with bi-weekly superficial and/or mid dermis chemical peels. Results are recorded and photographed.

Conclusion The procedure is fairly effective. It is an out patient office procedure, painless and cost effective. Chances of side effects are minimal and post inflammatory hyper pigmentation is not noted in any patient. Improvement ranges from 50-75% within three months of treatment of old scars whereas in

new scars it is even better in a shorter period of time.

25. Efficacy of itraconazole in the management of dermatological fungal infections

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Background Itraconazole is an old antifungal drug. We wanted to know its efficacy in our regional population presenting in PIMS.

Objective The objective of this study is to study the efficacy of itraconazole in dermatological fungal infections and onychomycosis.

Methods Twenty-five patients with different skin and nail fungal infections were studied according to specific inclusion and exclusion criteria. All patients with skin involvement (tinea corporis, tinea pedis, tinea cruris and

pityriasis versicolor) were given 100 mg of itraconazole twice a day for one week. Patients with onychomycosis were given 2 pulses with 200 mg twice a day for 7 days (one pulse per month). The patients were reviewed every 3 weeks. Results were assessed on the basis of improvement in signs and symptoms and disappearance of the lesions. Side effects experienced by the patient were also enquired and noted in a pro forma.

Results Out of 25 cases 8 were of onychomycosis, 5 with tinea corporis, and 7 with pityriasis versicolor, 4 with tinea pedis. Out of 8 cases of onychomycosis 62% started showing improvement but 37% did not show any improvement after 2 pulses. In rest of 17 cases 29% showed mild improvement while 70% showed marked improvement.

Conclusion Itraconazole is an effective antifungal drug. Its efficacy is better in tinea corporis and tinea cruris than in tinea pedis.