



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## PREVALENCE OF METABOLIC SYNDROME IN HS PATIENTS IN GREECE: DATA FROM A TERTIARY UNIVERSITY HOSPITAL

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**INTRODUCTION** Hidradenitis suppurativa/acne inversa is a chronic, inflammatory skin disease, characterized by recurrent, deep-seated nodules, abscesses, and/or sinus tracts with suppuration, leading to hypertrophic scarring. The pathogenesis of HS is obscure with genetic, microbial, and hormonal factors, in addition to smoking, obesity, and dysregulation of the cutaneous innate immunity, being implicated in the disease. Recent studies have revealed a link between several chronic inflammatory disorders, including rheumatoid arthritis, psoriasis, and metabolic syndrome.

**OBJECTIVE** To elucidate the relation between HS and metabolic syndrome in patients examined in a tertiary university hospital in Greece.

**MATERIALS AND METHODS** We included 30 patients from Andreas Syggros Hospital HS clinic, taking in baseline visit a detailed history for components of metabolic syndrome and obtaining BMI, waist circumference, blood pressure, as well as laboratory testing for fasting glucose and plasma lipids (HDL and triglycerides).

**RESULTS** In a total of 30 patients, 38,6% were male and 61,4% female. The mean age of the patients was 35,91 ( $\pm 15,18$ ), the mean age of first disease manifestation was 24,59 ( $\pm 13,57$ ), the mean age of disease diagnosis was 32,63 ( $\pm 14,33$ ), and the mean age of first treatment was 32,98 years old ( $\pm 14,36$ ). From the components of metabolic syndrome, the patients had a mean blood pressure of 118,1/78,0 mmHg, mean value of triglycerides 85,9 mg/dl, mean value of HDL 48,8 mg/dl ( $\approx 44,2$ ,  $\approx 53,9$ ), mean value of fasting glucose 90,65 mg/dl, and mean value of waist circumference 101,8 cm ( $\approx 104,23$ ,  $\approx 100,34$ ).

**CONCLUSIONS** Our study showed an increased waist circumference among HS patients. Data from numerous studies suggest that screening HS patients for components of metabolic syndrome is essential. To our opinion, management of HS cases should include an assessment for metabolic syndrome.

