



AUTOIMMUNE BULLOUS DISEASES

## CLINICAL CHARACTERISTICS AND MORTALITY RATE OF BULLOUS PEMPHIGOID: A 10-YEAR RETROSPECTIVE ANALYSIS FROM AN ACADEMIC HOSPITAL IN SOUTHERN THAILAND

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**Introduction:** Bullous pemphigoid (BP) is an uncommon autoimmune blistering disease. Clinical features, associated conditions, and outcomes are different from the country.

**Objective:** To determine the mortality rate and clinical characteristics of Thai patients with BP and to evaluate the associated risk factor of survival outcome.

**Materials and Methods:** We retrospectively reviewed patients diagnosed with BP in Songklanagarind Hospital, a largest tertiary university hospital in Southern Thailand between January 2007 and December 2016.

**Results:** A total of 119 patients were included in the study. The median age of onset was 82 years (IQR 72, 90) and 60 (50.4%) were men. The underlying diseases were hypertension (53.8%), cerebrovascular disease (35.3%), diabetes mellitus (31.9%), and dyslipidemia (20.2%). Thirteen patients reported with malignancy, especially with hematologic malignancy (23%). Fifty-eight patients (48.7%) had experienced pruritus, and 61.3% of patients had mild cutaneous lesions (less than 10% of the body surface area) on the day of diagnosis. Nine percent of the patients had mucosal involvement. Complete blood count showed anemia (32.8%), leukocytosis (28.6%) and eosinophilia (42.9%). The 1- and 3-year overall mortality rates were 12.6% (95% CI 5.3-19.3) and 22.4% (95% CI 11.4-32.0), respectively. On multivariate analysis, female (HR 3.19,  $p=0.049$ ), underlying disease of hypertension (HR 4.25,  $p=0.018$ ) and cerebrovascular disease (HR 3.29,  $p=0.037$ ), and neutrophilia (HR 5.5,  $p=0.01$ ) were found to be independently associated with mortality rate. While, patients with shorter onset ( $< 1$  month) (HR 0.11,  $p=0.006$ ), patients with disease control (HR 0.22,  $p<0.001$ ), and albumin level of more than 3.5 mg/dl (HR 0.08,  $p=0.002$ ) were demonstrated to be the good prognostic factors.

**Conclusions:** This is the first study analyzing the mortality rate of BP in Thailand. Some modifiable risk factors were observed to affect the mortality rate.

