



AUTOIMMUNE BULLOUS DISEASES

PEMPHIGUS : THE EXPERIENCE OF DERMATOLOGY DEPARTMENT OF FEZ

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Background: Pemphigus is a heterogeneous group of diseases with diverse entities and variable prognosis, sometimes pejorative. They constitute a diagnostic and therapeutic emergency in dermatology for their deadly spontaneous evolution.

Objective: Evaluate and epidemiological, clinical, therapeutic and evolutionary profile of pemphigus patients, as well as compare the effectiveness of different available therapeutic protocols.

Materials and methods: We did a unicentric retrospective study in the dermatology department of Hassan II University Hospital in Fez over 10 years (from 2008 to 2018). Data were entered on Excel and analyzed by using the statistical software package SPSS 17.0.

Results: Patients included were 150, with 120 presenting deep form of pemphigus and 30 with superficial pemphigus. The mean age was 50 years with a clear female predominance. 55% of patients had severe lesions at admission, while 38% had a moderate form and 7% had a mild condition. There was an anatomico-clinical correlation in all cases, with DIF positive in almost half cases. Hospitalization was required in all our patients with an average duration of 44 days. Oral corticotherapy was prescribed in almost all our patients, alone in 48 cases, associated with azathioprine in 69 cases, with disulfone in 19 cases and with cyclophosphamide in 8 cases. 13 patients required the use of rituximab. 80% of cases had favorable evolution, while 24 had relapses mainly due to corticoid dependence and 6 patients died because of a septic shock. Side effects of corticotherapy were found in third of patients, who were predominantly affected by metabolic disorders and osteoporosis.

Conclusions: Pemphigus is a serious disease requiring a heavy and chronic management. The association of an immunosuppressant with oral corticosteroids is all of interest to improve the outcome of this disease.

