



AUTOIMMUNE BULLOUS DISEASES

## RISK FACTORS FOR RELAPSE IN PATIENTS WITH PEMPHIGUS HERPETIFORMIS

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**Background:** Pemphigus herpetiformis (PH) is a rare autoimmune blistering disease. Due to its rarity, no cohort studies have been done to discover its prognosis.

**Objective:** Our study sought to discover the clinical and pathological characteristics in PH patients as well as the risk factors of relapse in PH patients retrospectively.

**Materials and Methods:** We retrospectively reviewed the clinical records of 22 PH patients who went to Peking Union Medical College Hospital, treated with corticosteroid, and kept followed-up from 1984 to 2018. Patients' baseline characteristics, clinical and laboratory features, treatments and prognosis were collected and analyzed. 5-year Kaplan-Meier relapse rate was calculated among all patients. Features associated with relapse were assessed using univariate analyses.

**Results:** No patient has died from PH or its complications during follow-up. The relapse rate of PH patients in 5 years was 31.8% (7/22). No eosinophil infiltration in pathology ( $P=0.025$ ), effective treatment after 5 months of onset ( $P=0.048$ ), and more than 40mg prednisone treatment ( $P=0.020$ ) are significantly related to relapse. 5-year survival curve of relapse is prominently higher in patients less than 60 years old, been hospitalized, indirect immunofluorescence (IIF) titer no more than 1:40, and without complication, though no statistical difference was found.

**Conclusions:** Lack of eosinophils in pathology, lack of timing treatment (delayed for more than 5 months), and more prednisone requirement in one patient predicts higher relapse possibility. Moreover, though without statistic difference possibly due to limited number of patients, patients less than 60 years old, without combination, IIF titer no more than 1:40, and being hospitalized might also be related to relapse.

