



DERMATOPATHOLOGY

OBESITY AND SKIN: OVERVIEW OF THE MOROCCAN EXPERIENCE

Z Rachadi⁽¹⁾ - I Bouizamarne⁽²⁾ - S Rafi⁽²⁾ - G Elmghari⁽²⁾ - N Elansari⁽²⁾ - O Hocar⁽¹⁾ - S Amal⁽¹⁾

Mohamed Vi Medical University Hospital, Dermatology, Marrakech, Morocco⁽¹⁾ - Mohamed Vi Medical University Hospital, Endocrinology, Marrakech, Morocco⁽²⁾

Introduction: Obesity is one of the world's biggest health problem nowadays. However, the impact of obesity on the skin has received minimal attention.

Objective: To study the prevalence of skin manifestations in obese patients compared with a control group of normal-weight patients, and also to study the correlation between severity of cutaneous involvement and degree of obesity.

Materials and Methods: We performed a prospective, comparative case-control study. A total of 115 obese patients (BMI > 30 kg / m²) and 115 normal weight patients (BMI 18.5-24.9 kg / m²) were included. All individuals benefited from a complete dermatological examination. A biological assessment for a metabolic syndrome was performed.

Results: Common dermatoses seen in obese patients were acanthosis nigricans, striae, acrochordons, and various infections. Out of these acanthosis nigricans, acrochordons and striae had statistically significant relationship with obesity as compared to control group (p<0.05). They were also found to be correlated with the degree of obesity. All the manifestations were also compared for diabetes, dyslipidemia and metabolic syndrome.

Conclusions: Our work confirms the link between the severity of obesity and the prevalence of certain dermatological pathologies, which is consistent with the results of the series of the literature. An understanding and a thorough knowledge of these skin disorders are necessary for dermatologists, because several dermatoses are treatable, thus improving the quality of life of the patient. Early recognition of these lesions may also warn patients of a need for weight loss

