



EPIDEMIOLOGY

CRYOTHERAPY: EXPERIENCE OF THE DERMATOLOGY DEPARTEMENT OF CHU HASSAN II FES MOROCCO

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BACKGROUND: Cryotherapy is a controlled and targeted destruction of diseased tissue by the application of low temperatures. It is a simple, effective and aesthetically acceptable modality for the treatment of various dermatoses. Today, indications in dermatology are becoming broader, including benign and pre malignant tumors, pigmented lesions, viral infections, inflammatory dermatoses, infectious diseases.

OBJECTIVE: The purpose of this study is to evaluate the effectiveness of cryotherapy in different indications as well as the direct and indirect cost to the patients.

MATERIALS AND METHODS: This was a prospective study conducted at the Dermatology Department's gesture room at CHU HASSAN II in Fez, over an 18-month period from January 1, 2017 to June 30, 2018, including all patients who received cryotherapy for all indications. All patients who had one or more sessions before the start of our study were excluded.

RESULTS: We counted 104 patients, the sex ratio was 1.08, the average age of patients was 44.82 years, the conditions treated by cryotherapy were as follows: warts (51 patients), actinic keratoses (40 patients), leishmaniasis (5 patients), prurigo (4 patients), genital warts (3 patients), keloid scars (2 patients). The direct cost of the gesture was in average of 17,59 Dh (the mutualists and the paying ones), the indirect cost was in average of 23,40 Dh (including the transport and absenteeism of the work). The average pain was rated at 4.25 / 10. The main complications of cryotherapy were local edema (38 patients), phlyctene (18 patients), hypopigmentation (10 patients), hyperpigmentation (11 patients), headache (16 patients).

CONCLUSIONS: Cryotherapy remains a valuable treatment of choice in various skin lesions including benign and pre-malignant lesions with an affordable cost and a fairly high efficiency. The lack of equipment in public hospital structures outside the university hospitals in Morocco remains the weak point of this technique.

