



EPIDEMIOLOGY

EPIDEMIOLOGY OF CUTANEOUS SARCOIDOSIS IN ITALY: THE EXPERIENCE FROM A SINGLE INSTITUTIONAL CENTRE.

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Background: Sarcoidosis is a granulomatous disorder of unknown etiology characterized by the presence of noncaseating granuloma. The epidemiology of cutaneous sarcoidosis has not well characterized, mostly described in small case series.

Objective: To describe epidemiology, clinical characteristics and prognosis of cutaneous sarcoidosis from a large cohort.

Materials and Methods: Ninety-one (91) patients with sarcoidosis (systemic and/or cutaneous) were investigated during the period 2009-2016 . Firstly, the patients were divided in two cohorts. The patients with isolated cutaneous sarcoidosis and/or erythema nodosum and patients affected by systemic sarcoidosis, with or without cutaneous involvement, followed in the Sarcoidosis Service at the Lung and Respiratory Division of our University.

Results: Out of 91 patients affected by sarcoidosis, 12 were affected by isolated cutaneous sarcoidosis (13%) and 79 by systemic sarcoidosis (87%). From this latter group, 26 patients had also cutaneous involvement (33%). The female gender was prevalent (62%) as well the Caucasian ethnicity (91%). Papules and lupus pernio were the most prevalent cutaneous presentations, while lungs and lymph nodes the most common organs involved. Topical, systemic corticosteroids and methotrexate were mostly used as therapy with good response in the studied population.

Conclusions: Our data confirm that skin is frequently involved in sarcoidosis, after lungs and lymph nodes. Cutaneous involvement is present in about one third of all sarcoidosis patients, but clinical presentation is similar between both groups (people with isolated sarcoidosis or people with systemic involvement).

