



GLOBAL SKIN HEALTH

DETERMINATION OF THE MOST FREQUENT DERMATOSIS AND ITS ASSOCIATED RISK FACTORS IN OUR SOCIETY

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Background: The burden of rising magnitude of dermatologic diseases is enormous in both developing and developed countries. Literature analyzing the pattern of predominant dermatoses along with associated risk factors in a specific region is sparse.

Objective: To determine the most frequent dermatosis and its associated risk factors that affect the health care burden in our society.

Materials & methods: An observational study was performed on the patients who attended the out-patient department of dermatology during the period from August 2017 to August 2018. Each patient was subjected to a thorough medical history and detailed cutaneous examination. Investigations were carried out where required.

Results: A total of 11029 patients presented to the outpatient department of dermatology, King Fahad Armed Forces Hospital, Jeddah, Saudi Arabia. The most common skin disorder found was Eczema in a total of 3810 patients, comprising 34.55% of all the dermatoses. Among them, there were 59% (2253) females and 41% (1557) males. Majority of patients were in the 31-40 years age group. Atopic dermatitis was the most frequently observed skin condition accounting for 46.48% of all the eczema cases, followed by contact dermatitis 28.66%, seborrhoeic eczema 8.90%, lichen simplex chronicus 4.07%, pityriasis alba 3.99%, infective eczema 2.65%, nummular eczema 2.28%, pompholyx 0.79%, juvenile plantar dermatosis 0.63%, polymorphic light eruption 0.60%, xerotic eczema 0.55% and stasis eczema 0.39%. The risk factors like houses having inadequate sunlight, ventilation, more carpets, hygienic standards, social customs and consanguineous marriages are noted in our study.

Conclusions: Atopic Dermatitis was the most frequently seen dermatosis responsible for the major burden of the skin diseases in present study. Health awareness regarding controllable risk factors is essential to curtail this skin disease with high morbidity.

Key words: Dermatitis, Risk factors, Eczema

