



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

POMPHOLYX: AN EPIDEMIOLOGICAL AND MYCOLOGICAL STUDY

M Soua⁽¹⁾ - M Korbi⁽¹⁾ - Y Soua⁽¹⁾ - M Lahouel⁽¹⁾ - H Belhadjali⁽¹⁾ - M Youssef⁽¹⁾ - J Zili⁽¹⁾

Fattouma Bourguiba Hospital, Dermatology, Monastir, Tunisia⁽¹⁾

Introduction: Pompholyx is a particular type of eczema affecting palms and/or soles. Its management is often complicated and relapses occur frequently.

Objective: The aim of our study was to identify the epidemiological, clinical and mycological characteristics of pompholyx.

Materials and methods: It was a retrospective and monocentric study performed during a 3 year-period (between 2015 and 2018). All cases of pompholyx were collected. The epidemiological and mycological features were studied.

Results: Seventy two cases were included: 26 male and 46 female (sex ratio=1.77). The average age was 33.4 years. In almost half of cases, patients consulted during summer. A personal or familial history of atopy was found respectively in 8 and 3 patients. In 28 cases, pompholyx affected both palms and soles. Isolated palmar lesions was found in 26 patients. Only 18 patients had isolated sole lesions. Occupational rhythmicity was reported in 6 cases. Three patients have reported occurrence of clinical lesions after irritant topical product. In 4 cases, hyperhidrosis was reported as an aggravating factor. Tinea pedis was found clinically in 21 patients. Mycological tests were taken from 12 of them, returned all positive to *Trichopyton rubrum*. Antifungal treatment in all of these cases resulted in clinical recovery.

Conclusions: Pompholyx is a common condition affecting 0.1% of the general population. It affects both sexes with various distribution. In our study, a clear female predominance was noted. The multifactorial nature of pompholyx was also highlighted through our study. In fact, the major causes in our group of patients were: atopy, irritation, hyperhidrosis and especially mycosis. Indeed, similar results were also reported in several other studies. The clear up of lesions under antifungal treatment in cases where tinea pedis was found, represent an important proof toward the mycosal cause of pompholyx.

