



PAEDIATRIC DERMATOLOGY

RETROSPECTIVE STUDY OF PITYRIASIS LICHENOIDES

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Introduction: Pityriasis lichenoides (PL) is an uncommon papulosquamous dermatosis of unknown aetiology. It is characterised by multiple, scaly, erythematous to brown papules on the trunk and extremities. It represents as Pityriasis lichenoides et varioliformis acuta (PLEVA) and Pityriasis lichenoides chronica (PLC).

Objective: Our aim was to review the clinical features and treatment response of individuals with PL seen at our Paediatric dermatology department.

Materials and Methods: We made a retrospective study of children with PL aged under 16, hospitalised at our clinic between years 2010 and 2017.

Results: 36 children with PL were hospitalised at our department between 1.1.2010 and 31.12.2017. It represented 1, 8 % of all hospitalised children.

24 (66, 7 %) had PLEVA and 12 (33, 3 %) had PLC. 20 (55, 6 %) of children were male and 16 (44, 4 %) were female. Median age at onset of disease was 7, 6 years. A positive family history of any skin disease (first- and second- degree relatives) was present in 14 (38, 9%) children. In 15 (41, 7 %) cases symptoms of PL appeared after viral infection. The average duration of symptoms was 7, 5 months. Among 36 children with PLEVA and PLC 30 (83, 3 %) were treated with local corticosteroids. In 17 (47, 2 %) children phototherapy UVB 311 was used, 19 (52, 8 %) patients got systemic antibiotics, 11 (57, 9%) of them macrolide. 6 (16, 7 %) children needed perioral metilprednisolone.

Conclusions: Our study confirmed that PL is predominantly paediatric disease and a viral infection can be a trigger of the disease. Treatment of PL is based on disease severity. Based on our experience for mild representations of the disease local corticosteroids are effective, for severe cases UVB 311, systemic antibiotics or systemic corticosteroids are the therapy of choice.

