

PSORIASIS

## PREVALENCE OF PSORIASIS IN BANGLADESH.

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**Introduction:** Nearly all data on the prevalence of psoriasis in Bangladesh and Indian sub-continent are hospital based and this is the first population based epidemiological study to see the prevalence of psoriasis in Bangladesh.

**Objective:** To see the prevalence of psoriasis in Bangladesh.

**Materials and Methods:** It was a population based survey conducted over 15000 people over a period of March 2017 to February 2018 in selected villages and municipal areas of six upazilas (subdistrict) of Bangladesh. A multistage stratified sampling method was applied to select 5000 households and three persons were selected from each household. Total 15000 persons were examined for psoriasis initially by a trained field worker with psoriasis screening tool then each case was finally confirmed clinically (and histopathology if needed) and the point prevalence was calculated.

**Results:** The point prevalence of psoriasis was 0.7% and no significant gender difference. Mean age of patients with psoriasis was  $37 \pm 2.7$  with a range 1-82 years. Presenting complains were itching (44.9%), burning sensation (27.1%), joint pain (17.8%), difficulties in daily works (23.4%), difficulties on walking (11.2%) and 30.9% were asymptomatic. The commonest type was plaque psoriasis (65.4%) followed by guttate, sebo-psoriasis, erythrodermic, flexural, pustular, linear and nail psoriasis. Seasonal variation (41.1%), stress (30.8%), sore throat (15.9%) and drug (8.4%) were reported as aggravating factors. Winter exacerbation noted in 26.2% and summer aggravation in 17.8%. Single site involvement was found in 42.1% cases and multiple site involvement in 57.9%. Mostly involved site was trunk (52.3%) followed by extremity, scalp, palmo-plantar, joint, post auricular region, diaper area, nail and only face.

**Conclusions:** The result of current study can be used as a reference value for prevalence of psoriasis in Bangladesh and future study with larger sample of Bangladeshi population is needed.