



SKIN MANIFESTATIONS OF INTERNAL DISEASE

CARDIO METABOLIC RISK CHARACTERIZATION IN PATIENTS OVER 18 YEARS-OLD WITH SKIN TAGS

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Introduction: Acrochordons are benign skin protrusions that occur in areas of friction and have been described in patients with metabolic diseases.

Objective: To characterize the association between the severity of skin tags and cardio metabolic risk measured by the body mass index and central obesity in patients over 18 years old attending the Dermatology outpatient consult and the San Francisco de Quito Hospital (HSFQ).

Materials and methods: Men and women over 18 years old who come spontaneously to the Dermatology outpatient consult at the San Francisco de Quito Hospital of the Ecuadorian Institute of Social Security in the city of Quito, during the months of September and October 2015.

Main measurements: Presence of skin tags and description of its color, number, location, association with acanthosis nigricans, information on personal or family history of illness. Measurement of weight, height, waist circumference, hip circumference.

Results: 111 participants were studied (from a mean age of 47 years old, females 60.7%). The body mass index (BMI) greater than 30kg/m² in patients with skin tags was 55.9%, more common phototype was IV with 59.4%, prevalence of abdominal obesity 69.3%, area most affected was the neck with 96.4%, prevalence of severe degree of illness 75.6%. Mixed color achrochordons prevalence was 39.39% in the severe form of disease. BMI \geq 30kg/m² and the severe form of skin tags had a tendency to be considered risk factor but not statistically significant (OR 1.83;CI95%:0.76 to 4.41). People with BMI \geq 30kg/m² have increased risk of skin tags in the severe form along with acanthosis nigricans (OR: 2.62; CI95%: 1.07 a 6.36).

Conclusions: There is an association between patients with diagnosed obesity by BMI and severe presentation of achrochordons who concomitantly have acanthosis nigricans.

Keywords: Skin tags, acrochordon, metabolic cardiovascular syndrome, body mass index, central obesity, abdominal fat

