



SKIN MANIFESTATIONS OF INTERNAL DISEASE

CLINICAL CHARACTERISTICS OF CUTANEOUS SARCOIDOSIS: A RETROSPECTIVE STUDY AT HOSPITAL ITALIANO DE BUENOS AIRES (2005-2015)

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Introduction: Sarcoidosis is a multi-system granulomatous disease of unknown etiology. The skin is involved in 25% of cases. Studies on cutaneous sarcoidosis from our region are scarce.

Objective: This study was conducted to describe clinical characteristics in patients diagnosed with cutaneous sarcoidosis.

Materials and methods: A retrospective analysis was conducted based on clinical manifestations, systemic examinations and treatment of biopsy-proved patients with sarcoidosis with cutaneous lesions in Hospital Italiano de Buenos Aires, (HIBA), from January 2004 to December 2014.

Results: From 56 patients with sarcoidosis, we focused on those 27 with cutaneous sarcoidosis. Median age at diagnosis was 52 years (47-62) and 22 (81%) were women. Patients were divided into two groups according to whether extracutaneous systems were involved. Cutaneous sarcoidosis (CS) group, 10 patients (37%), and systemic sarcoidosis (SS) group, 17 patients (63%). Median time from first visit with specialist to diagnosis was 1.5 months (1-24). Median follow up was 87 months (35-107). Eight patients (31%) demonstrated lesions in two or more locations, the most frequent: upper and lower limbs and face. Seven patients (26%) had lesions with two or more morphologies, the most frequent: subcutaneous nodules and plaques. Systemic involvement mainly affected the lung, in 16 patients (59%), followed by lymph nodes in 15 patients (56%). Treatment was given to 23 patients (85%), most frequent, topical 23% (N: 9 patients) and systemic corticosteroids, 53 % (N: 12 patients).

Conclusion: To our knowledge, this is the first study, in Latin America, that displays clinical features of cutaneous sarcoidosis in a closed population. We have identified that 37% of





patients with cutaneous sarcoidosis did not develop systemic disease in the long term. Therefore, we have evidence to believe in the existence of isolated cutaneous sarcoidosis, though this is still discussed in current literature.

