



SKIN MANIFESTATIONS OF INTERNAL DISEASE

DERMATOLOGICAL CONDITIONS ASSOCIATED WITH INSULIN RESISTANCE AND / OR METABOLIC SYNDROME

L Arya⁽¹⁾

L A Skin & Aesthetic Clinic, Dermatology, New Delhi, India⁽¹⁾

Introduction: There is an epidemic of metabolic syndrome (MS) threatening to reduce human life expectancy around the globe. Early diagnosis is critical and can reverse the metabolic alterations and prevent many of the dreaded complications of MS such as cardiovascular disease, diabetes and cancer. Insulin resistance (IR) is being recognized as a pathophysiologic factor in an increasing number of dermatological conditions. Therefore, dermatologist is a key player in early detection of IR.

Objectives: To study the dermatological conditions in Indian patients with insulin resistance and/or metabolic syndrome.

Materials and Methods: A retrospective survey of all patient records attending an out patient dermatological clinic was carried out between Jan 2017 to September 2018. All patients who were diagnosed as having IR and/ or MS according to the NCEP ATP III criteria were included in the study. Their dermatological symptoms and signs were recorded and any associated medical condition was noted.

Results: We described several dermatological manifestations in patients of MS / IR. These included Acanthosis nigricans, Skin tags, Acne, Hirsutism, Androgenetic alopecia, Hidradenitis suppurativa, Psoriasis and Atopic dermatitis. Besides these few, several other dermatoses were found to be associated with IR and MS in our study like Melasma, Macular Amyloidosis, Post inflammatory hyperpigmentation, Pigmentary demarcation lines, Dermatoses papulose nigra, Milia, Sebaceous hyperplasia, Bromhidrosis, Hyperhidrosis, Wax folliculitis, Polymorphous light eruption, Lichen planus and its variants, Auto immune disorders like Vitiligo and Alopecia areata, resistant and recurrent infections, eruptive melanocytic nevi, cherry angiomas, striae, premature ageing of skin with elastosis and telangiectasis, resistant seborrheic dermatitis, premature canities, pressure acanthosis keratoderma, and generalized pruritus.

Conclusion: Cutaneous manifestations might be the first signs of IR/MS. Therefore dermatologists should not just focus on treating skin diseases but should consider them as an opportunity for early diagnosis of IR and MS.

