



SKIN MANIFESTATIONS OF INTERNAL DISEASE

SKIN IN PERSPECTIVE OF OBESITY: A CASE CONTROL STUDY OF 400 PATIENTS

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Introduction: Obesity is emerging as an important health problem globally. Obesity has been tagged by world health organization as the new view in public health. According to WHO worldwide obesity has nearly tripled since 1975 and in 2016 statistics 39% of adults aged 18 years and above were overweight and 13% were obese, still the impact of obesity on skin has received minimal attention and limited studies are available.

Objectives: The main objectives behind our study were-

To determine the prevalence of skin manifestations in obese patients as compared with non obese patients.

To correlate the obesity dermatosis with systemic co morbidities (Diabetes and Hypertension).

Materials and Methods: We conducted this study in Dermatology Outpatient Department of our hospital from October 2016 to June 2018. 200 male and female patients between 18 to 65 years of age with BMI ≥ 30 and 200 age and sex matched controls with BMI < 30 took participation. All participants has undergone complete clinical examination both general and cutaneous and relevant patient history was noted. Weight, Height, Waist and Hip measurements were taken using standard methods. BMI and Waist to hip ratio was calculated using standard methods.

Results: Acanthosis nigricans followed by dermatophytosis, and striae distensae were the most common statistically significant dermatosis in obese patients in our study and prevalence of these dermatosis is found to be more with increasing BMI. We found a positive correlation between obesity, diabetes and hypertension.

Conclusion: Obesity has become a serious and gigantic health concern around the world but good part is, it is preventable. Our study has highlighted statistically significant dermatoses in obese individuals and how these dermatosis mirror the systemic co morbidities. So by early detection of obesity related skin manifestations physicians can prevent serious and hazardous systemic outcomes by their timely diagnosis.

