



TROPICAL DERMATOLOGY

## PATTERN OF SKIN DISEASES IN GERIATRIC POPULATION: OUR YEAR-LONG EXPERIENCE FROM NEPAL

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**Introduction:** The average life span has increased by about two decades in Nepal in last 30 years. There is no statistical data regarding the geriatric skin disorders in Nepalese population. The aim of the study to look for the patterns of skin diseases in the geriatric population of Nepal.

**Methodology:** The database from the dermatology department of Chitwan Medical College, Nepal was retrospectively reviewed from August 2016 to July 2017. All patients from the age of 60 and above were included in the study. Data was analyzed using SPSS version 20. Chi square test was done where relevant.

**Results:** Total of 918 patients were included in the study with mean age of 69. The male to female ratio was 1:1.2. 55% of the patients presented during the summer months from March to August. Most common presentation was that of dermatitis(32.2%) which was followed by infectious condition(29.4%), pruritus(7.4%), psoriasis(4.6%), urticaria(3.9%), miliaria(3.9%) and others. Among the infections, dermatophytic infections was the most common, followed by herpes zoster. Leprosy was reported in ten patients. Among the dermatitis, 23% of the patients had hand or feet eczema and 23% had seborrheic dermatitis. Two patients presented with basal cell carcinoma and one with squamous cell carcinoma. Variability according to weather was noticed with in presentation of seborrheic dermatitis, dermatophytic infections and herpes zoster. Seborrheic dermatitis was significantly more(<0.001) in the winter months and dermatophytic infections and herpes zoster was significantly more(<0.001) in warmer summer months.

**Conclusion:** This study concludes that dermatitis, infections and pruritus are the most significant dermatological morbidities in our population. It highlights the need of zoster vaccine for our elderly population. Most previous studies on zoster have shown increased incidence in winter months which was not so in our study. We are still seeing cases of leprosy in our elderly population.

