



URTICARIA, ANGIOEDEMA

## EPIDEMIOLOGY OF URTICARIA CHRONIC IN KINSHASA

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**INTRODUCTION:** Urticaria is one of the most common dermatological conditions, when it lasts more than 6 weeks, it is called chronic urticaria with a prevalence of between 0.1 - 3%.

It is a common pathology whose etiology is unknown and has a significant negative impact on quality of life.

The aim of this study is to determine the epidemiological profile of this pathology in Kinshasa.

**METHODOLOGY:** Retrospective and multicenter study from May to October 2016. It involved patients who had been referred for chronic urticaria in this hospital in Kinshasa: Hôpital du Cinquantenaire (n=23), Clinique Bondeko (n=37), Centres Hospitaliers Akram (n=45), Hôpital General de référence de Matete (n=30). 135 patients were the sample of our work.

The variables studied were: age, sex, occupation, marital status, history of allergic and / or autoimmune diseases, diagnosis, paraclinic assessment and treatment.

**RESULTS:** 220 were suffering from urticaria, 135 chronic urticaria (61.3%), a frequency of 8.8% of all dermatoses. 66% of chronic urticaria were spontaneous and 34% physical. The female sex was the majority.

The mean age of the participants was 30.5 years, patients between the ages of 31-45 years were the most affected.

Clinically, we have pointed out the oedematous papuleuses in 25% of the cases, lesions of scratching in 37% of the cases and the positive dermographism in 12% of the cases.

Almost half of the patients had already had a hives crisis in the past. The majority of patients reported that their quality of life was severely affected during crises. 68 patients practiced self-medication.

In 81% patients, we were unable to identify the probable cause of chronic urticaria. The majority of patients were treated with antihistamines: anti-H2 alone (68%), in combination with anti-H1 (30%), in 2% of the cases a corticosteroid.





CONCLUSION: chronic urticaria is prevalent in our environment.

