



ATOPIC ECZEMA/DERMATITIS

EVALUATION OF ENVIRONMENTAL FACTORS WHICH ARE ASSOCIATED WITH SEVERE FORM OF ATOPIC DERMATITIS

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Introduction: The etiology of Atopic Dermatitis(AD) is multifactorial, with interaction between genetic and environmental factors. Several environmental factors have been identified. These factors influence the sensitization process as well as the appearance of clinical symptoms. While some environmental factors play harmful role, others are protective.

Objective: A small clinic-based study was conducted to know the nature of association of environmental factors with the severity of AD.

Materials and methods: 30 children(Male:16;F:14;Age group:2.9-8.2 years) with AD were put under clinical observation. Information recorded were: Age, Sex, Season of Birth, Mode of delivery, Neonatal Jaundice, Habitat, Breast feeding & weaning, Sibling, Contact with pets, Daycare, IgE, and Vitamin D level. Severity of the disease was calculated by SCORAD in every flare up, and recorded at least 3 flare ups. Duration of study was approximately two and half year.

Results: A few interesting facts were noted. Out of 13 Environmental factors analyzed in the study, 4 factors - Season of birth, Neonatal Jaundice, Vitamin D level and Sibling were found to have strong relationship with severity of AD. It was observed that severe form of AD was more frequent among those patients who have the following features:

- (a) Being born in winter season, especially in Dec-Jan.
- (b) Receiving phototherapy for neonatal jaundice
- (c) Having low blood Vitamin D level
- (d) Being only, or first child in the family

Conclusions: AD is a lifelong disease with potential phases of low activity, and later reactivation. If we can definitely identify the Environmental factor(s) indicating the severity of AD, management of AD will be easier and less complicated.

