



PAEDIATRIC DERMATOLOGY

## CHILDHOOD PSORIASIS IN BULGARIA: AN EPIDEMIOLOGICAL STUDY

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**Introduction:** Psoriasis is a chronic multisystem inflammatory disease that occurs at any age and represents about 4% of all dermatoses in children.

**Objectives:** The aim of this epidemiological study was to find the prevalence of psoriasis among children and adolescent in Bulgaria.

**Materials and Methods:** All children with a diagnosis of psoriasis and age under 18 years were included; a specially designed questionnaire was used.

**Results:** A total of 53 consecutively diagnosed children with psoriasis from 0 to 17 years were included. 24 (45.29%) were boys and 29 (54.71%) were girls. There were 18 patients (33.96%) in the age group 5 years or less, 17 (32.08%) in the age group 6 to 10 years, 15 (28.30%) in the age group 11 to 15, 3 (5.66%) in the age group 16 to 18. Female patients were more often affected at the age of 6 to 10, while male patients were more affected at the age of 11 to 15. A positive family history was present in 18 (33.96%) patients. The most common precipitating factors in this study were: psycho-emotional stress in 16 (30.19%), infections in 4 (7.55%), Koebner's phenomenon in 3 (5.66%) and other reason in 4 (7.55%) cases. In 26 (49.05%) cases aggravating factors could not be identified. Plaque psoriasis was the most frequent clinical type in 32 (60.37%) of the children, followed by guttate psoriasis in 8 (15.09%) of the cases. The scalp was the most common initial site affected 35 (66.03%) of the cases. Nail involvement was observed in 19 (35.84%) children. Most children had mild to moderate psoriasis.

**Conclusion:** Our study demonstrates that children with psoriasis usually presented with a mild form of the disease. The most common type was plaque psoriasis and female patients were primarily affected and with earlier onset

