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ABSTRACTS

KNOWLEDGE AND ATTITUDE OF HEALTH WORKERS TOWARDS COSMETIC PROCEDURES IN IBADAN, NIGERIA

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Background and Purpose of Study. There has been an increase in the demand for cosmetic procedures in the developed world especially in the last decade. Both plastic surgeons and dermatologists continue to invent less invasive techniques while trying to achieve the same goal. In this environment, cosmetic procedures are rarely discussed among health personnel and patients are sometimes discouraged when they attempt to undergo such procedures. We therefore decided to assess the knowledge and attitude of health workers with regards to cosmetic procedures in general.

Materials and Methods. A questionnaire based survey was conducted at the University College Hospital. Feedback evaluation forms from hundred health workers including doctors, nurses and laboratory scientists were evaluated and analyzed.

Results. About 94% of the respondents were aware of cosmetic procedures but only 52% had adequate comprehension of the subject matter. About 56% of the participants would approve of individuals undergoing cosmetic procedures but 64% would not have it done personally. About 88% respondents preferred to age naturally and 56% of the married participants refused to allow their partners undergo cosmetic procedures. Associations were established between participants' beliefs, comprehension, self esteem and attitudes towards cosmetic procedures with social acceptance not being important in participant's decision. Regression analyses identified comprehension of cosmetic procedures, self esteem and age as independent predictors of positive attitude towards cosmetic procedures.

Conclusion: Health workers need to know more about cosmetic procedures and that they can be carried out by qualified doctors with adequate training.

QUALITY OF LIFE DETERMINANTS IN SECONDARY SCHOOL STUDENTS WITH PITYRIASIS VERSICOLOR?

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Keywords: Quality of life, Pityriasis versicolor, secondary school students

Background: The factors that impact quality of life in pityriasis versicolor (PV) patients have not been fully evaluated.

Objective: The purpose of this study is to assess the relationship between quality of life (i) gender; (ii) the duration of this cutaneous fungal disease; (iii) the colour of lesions; and (v) the parts of the body involved.

Methods: Cross-sectional study, colour of lesions classified as hypopigmented, hyperpigmented or both, location of the lesions were identified according to body sites involved and Dermatology Life Quality Index score was used to evaluate quality of life. A total of 53 –male and 115–female senior secondary school students aged 13 to 23 years with PV were consecutively recruited from 8 schools in Abuja, Nigeria.

Results: PV had a very large effect on the life of about 25% of the students studied. The quality of life was not significantly affected by gender ($p=0.58$), duration of lesion ($p=0.37$), or where the lesions are located on the body ($p=0.24$) however the colour of the lesions had a significant effect ($p=0.005$).

Results of present study show that at least in a quarter of students with PV, quality of life could be very largely affected. This benign cutaneous fungal disease could influence the social and emotional status of young individuals.

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SKIN DISORDERS IN THE PAEDIATRIC AGE GROUP IN THE DERMATOLOGY OUTPATIENT CLINIC OF THE UNIVERSITY COLLEGE HOSPITAL, IBADAN, NIGERIA

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Keywords: dermatoses, paediatrics, eczema, infection, vitiligo

Background and Aim. Skin disorders in children are common and are responsible for 30% of visits to the dermatologist. Factors contributing to these may include environmental, nutritional, social class, accessibility to medical services, educational and cultural background amongst other. Earlier on, infective conditions were commoner in this environment. However recent findings suggest that childhood eczema appears to be on the increase. We decided to look at the current prevalence and pattern of skin disorders among the paediatric age group (0-19 years) as seen in the dermatology clinic of the University College Hospital, Ibadan between May 2003 and December 2012.

Method: The study was retrospective. The records of 872 patients from 0 to 19 who presented to the outpatient clinic were retrieved and analysed.

Results: Fifty three skin disorders were diagnosed. The ten commonest disorders in order of frequency were eczema 266 (30.5%), infections 102 (11.7%), pigmentary disorders 78 (8.9%), papulosquamous disorders 47 (5.4%), popular urticaria 28 (3.2%), acne 25 (2.8%), alopecia areata 25 (2.8%), drug induced dermatosis 23 (2.6%), keloids 12 (1.4%) and granuloma anularae 10 (1.1%).

Conclusion: Skin disorders in the paediatric age group are common in this environment. Their dermatoses are varied with eczema and infections still

on the lead. There is need to educate health care workers in our environment on how to manage these cases.

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QUALITY OF LIFE IN CHILDREN ATTENDING A DERMATOLOGY CLINIC IN LAGOS, NIGERIA

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Key words: Quality of Life, Children, DLQI

Introduction. Skin disease can cause severe disability and handicap in children. Measurement of the impact of skin disease on quality of life is an integral part of clinical care and decision making.

Objectives. To assess the impact of skin disease on quality of life in paediatric dermatology patients

Methods. This was a prospective study involving all paediatric patients attending a dermatology outpatient clinic in Lagos. The children were interviewed with the help of their parents and the children's DLQI questionnaire filled. Data was analysed using SPSS 17 version.

Results. A total of 768 children were recruited. Twenty-five were disqualified for incomplete forms and missing data; thus 743 were analysed. The age range was 1 month to 17 years, with a slight male preponderance. Infective diseases, eczemas and papulo-squamous disorders were most frequently seen, while connective tissues disorders and tumors were the least. Total percentage DLQI scores were highest for Pruritus/urticarial disorders and eczema (mean scores 40.0, 39.6) and lowest for infective and pigmentary conditions (mean scores 29.5, 25.7). The differences were significant (P value 0.001). The total DLQI score for "personal relationships" domain was not significant when further analysed across the disease categories (P value: 0.0375), while other domains were all significant for each of the categories (P values: 0.0001-0.014).

Conclusion. This study demonstrates that certain skin disorders have a profound effect on the quality of

life of children and dermatologists should treat it seriously, addressing the effect it will have on treatment outcome and overall patient satisfaction.

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VALACILOVIR MAY ARREST OR HALT AGGRESSIVE PROGRESSION IN EARLY AUTOIMMUNE VITILIGO

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Background: This study stemmed from the role of cytomegalovirus (CMV) in auto immune diseases (antigen mimicry, T-cells dysfunction, poor Tcell differentiation, faulty apoptosis or poor clearance of apoptotic cells) ski melanocytes inclusive being a target in autoimmune vitiligo, the T cell dysfunction/cytotoxicity seen in patients undergoing organs' transplantation that are CMV positive and active, the ubiquitous latent infection of CMV as indicated by Ig G, the frequent reactivation in CMV infection as indicated by Ig M, in the success of Valaciclovir in reducing the severity and complications of acute vaccinia (Chicken pox). The presumption that CMV may infact use all the hypothesis involve in Vitiligo (autoimmune, oxidative stress, melanocyte toxicity or injury, neural) to wreck havoc on the melanocytes which may later manifest as vitiligo totails or even universalis and the potential benefits of using valaciclovir to check reactivation of latent CMV infection as done in herpes genitalis infection.

Objective: The purpose of this study was to evaluate the efficacy of valaciclovir arresting progression in patients with active and aggressive autoimmune vitiliginous patches with significant titres of Ig G to CMV.

Methodology: This controlled clinical study was carried out in an outpatient setting in three skin centres, in patients with early bilateral autoimmune vitiligo who have witnessed sudden surge in the spread of their patches within the last three months and confirmed to have high titres of Ig M antibodies to CMV.

Patients in the treatment group received 500mg of valaciclovir twice daily for three weeks monthly for the

next one year or extended until when Ig M remained low.

Both groups however are on three monthly intramuscular triamcinolone and daily dose haematinics (folic acids and fersolate).

Results: Although groups were not markedly different with regards to age at presentation, sex and average duration of diseases, 75 per cents remain stable in the treatment group while 25 percent slowly progressed, no aggressive tendencies within the treatment group while in the controlled group, (6) 50 percent of the patients progressed aggressively and 50 percent that slowly progressed. No stable patients within the controlled group.

Conclusion: Interventional pulse therapy with vaciclovir may reduce aggressive progression in CMV positive IgM titres rising autoimmune vitiligo and it may also reduce stress on the immune system and melanocytes, hence help in recovery.

Limitation: Limited sample size and inability to do biochemical and histochemical studies on the melanocytes. Costs of treatment also do not allowed optimal doses of valaciclovir to be administered.

3. Dispersion and predictors of marked impact on quality of life in patients with FDEs.

FDE is a type IV hypersensitivity reaction that leaves resultant patchy pigmentation. It is characterized by one or more erythematous patches which resolve with dark patch (es) on the body. The condition tends to reoccur on the same site. This non bleachable disorder causes so much cosmetic disfigurement impacting negatively on the Quality of life; this study examines the variations in each domain of QOL index, the impact of demographic o-clinical factors on the QOL and predictors of marked impact on the quality of life in these patients with FDE. Though age, sex, perception, location types, number of lesions and colour of the patients tends to impact on the QOL, the marked impact in the QOL are associated with the site of the lesion (s), colour contrast (shades of brown), type of FDE and the age of the patients.

4. Epidemiology and of the FDE in Nigerians: Compounded 70 Percent w/v of Trichloro acetic acid as chemocauterant; A successive treatment of xanthelasma in an obese middle aged woman.

CHANGING TRENDS IN HUMAN IMMUNODEFICIENCY VIRUS ASSOCIATED KAPOSI SARCOMA.

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Keywords: HIV, HAART, Kaposi Sarcoma, Trends

HIV associated Kaposi Sarcoma has shown changes in the trends of its epidemiology, clinical manifestations, treatment outcomes, survival and treatment related interactions in the Highly Active Anti-Retroviral Therapy (HAART) era when compared with the pre-HAART era. Though KS remains the commonest AIDS associated Malignancy from the Pre-HAART into the HAART era, there has been a decline in its incidence since HAART became available. Clinical presentations of less advanced disease and relatively more common non-cutaneous KS are being seen; as well as problems of Immune Reconstitution Inflammatory Syndrome (IRIS) related to the disease that worsens morbidity and mortality. While availability of HAART has been associated with significantly improvement in KS patients' survival, this improvement has not been in consistent rates among different populations.

The improved management and outcomes reported in the developed world is yet to be replicated in the developing nations especially Sub-Saharan Africa with high incidence of the disease, where effective management is still a challenge taking into account late patient presentation. Adherence problems and paucity of treatment expertise and limited treatment options in these settings.

CURRENT TRENDS IN ACNE MANAGEMENT

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Keywords: Acne, Current, Management.

Acne vulgaris is the commonest skin disease seen by dermatologists especially in adolescents. Associated with acne is scarring and impairment of quality of life (QOL). Several studies have also shown that, appropriate management of acne leads to prevention/reduction of scarring and improvement in

QOL.

Clinically, acne consists of a combination of noninflammatory (open and closed comedones) and inflammatory (papules, pustules and nodules) lesions. The pathogenesis of acne is thought to involve multiple interrelated factors and events. With onset of puberty, there is an increase in androgen production, increased sebum production, abnormal follicular cornification and desquamation with occlusion of the pilosebaceous duct, colonization with *Propionibacterium* acne of occluded pilosebaceous follicles. Association with stress, milk, High-glycemic-load (HGL) diets cigarette smoking have been documented.

In recent years, due to better understanding of the pathogenesis of acne, new therapeutic modalities and various combinations have been designed. Topical agents which include benzoyl peroxide, antibiotics, retinoids are the mainstay of treatment and can be given in combinations. While systemic therapy includes oral antibiotics, hormonal therapy, and isotretinoin, depending on the need of the patients. The novel agents are new classes of combined topical therapies, such as clindamycin-tretinoin and adapalene-benzoyl peroxide. Another newly approved agent is dapsone gel.

For refractory cases, individuals seeking alternative methods, or for treatment of acne-related scarring; physical treatment in the form of lesion removal, laser therapies, light sources, photodynamic therapy and cosmetic measures can be considered.

Successful management of acne needs careful selection of anti-acne agents according to clinical presentation and individual patient needs.

SCALP AND HAIR DISORDERS AT THE DERMATOLOGY OUTPATIENT UNIT OF A TERTIARY HOSPITAL IN NIGERIA

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Keywords: Scalp, alopecia, alopecia areata, tinea capitis, acne keloidalis/folliculitis nuchae.

Introduction: Scalp and hair disorders are common and of immense health and cosmetic significance. Alopecia, the commonest presentation of scalp and hair disorders, has been found to impact negatively on

the quality of life of patients. Epidemiology and aetiology varies with age, gender, ethnic groups and hair care practices. This study aimed to document the spectrum of scalp and hair disorders at the dermatology outpatient clinic of the Lagos University Teaching Hospital between 2004 and 2012.

Materials and Method: Data was obtained from clinic records and patients clinic notes. Diagnoses were made based on clinical pattern of scalp diseases, hair and scalp demoscropy findings, scalp biopsies and others as indicated.

Results: During the study period, 860 patients (5.3%) of 16,160 patients presented primarily with scalp and hair disorders. More males (578 patients – 67.2%) than females (282patients- 32.8%) were seen; with ratio 2.05:1. Dermatophyte infection (tinea capitis) was the commonest disorder (262 patients-30.5%), found in males in the first decade of life. Others were alopecia areata in 174 patients (20.2%), acne keloidalis nuchae in 132 patients (15.3%), acne folliculitis nuchae in 58 patients (6.7%), dissecting folliculitis in 50 patients (5.8%), folliculitis decalvans in 38 patients (4.4%) and scalp psoriasis in 16 patients (1.7%).

Conclusion: The male preponderance of scalp disorders is reflective of the high frequency of conditions such as acne folliculitis/keloidalis nuchae, dissecting folliculitis decalvans found mostly in dark skinned males. Scalp and hair disorders from hair care practices in women such as traction alopecia were uncommon.

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THE EFFECT OF SKIN DISEASES ON QUALITY OF LIFE IN ADULTS ATTENDING THE DERMATOLOGY CLINIC OF THE LAGOS UNVERSTITY TEACHING HOSPITAL

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Keywords: DLQI, adults, QoL, Nigeria

Introduction. Skin diseases can have a major impact on patients' lives in terms of psychological well-being, social functioning and everyday activities. The extent of the impairment in daily functioning appears to be related to the severity of the condition, the cosmetic appearance related to this, and can potentially be

compounded in developing countries where there is limited access to treatment.

Aims and Objectives. To assess the impact of skin diseases on QoL based on the hypothesis that skin diseases significantly impair QoL. To explore the determinants of QoL and the relationship of disease subtype to QoL.

Materials and Methods. A cross-sectional study conducted in a dermatology clinic in Lagos, between December 2010 and January 2012. All consenting adults aged 18 years were recruited. The DLQI Nigeria English and Yoruba versions were used. It consists of 10 items which evaluate impact of skin disease on daily life over the past 7 days. The questions concern symptoms and feelings, daily activities, leisure, work and school, personal relationships and treatment. The DLQI score has a maximum of 30 and a minimum of 0.

Results. 2,599 forms were analysed. There were more females (57.4%, 1491) than males (42.6%; 1108) and the mean age was 36.04 ± 14.14 years. Majority (27.9%) presented with a skin infection, while 23.7% had papulosquamous disorders. The total percentage DLQI score ranged from 0-100%, with a mean total % score of 34.11 ± 25.23. The highest mean total % score was in the 'symptoms and feelings' domain, and the lowest mean total % score was in the 'treatment domain'.

Conclusion. The DLQI is a useful tool that is feasible to use in this environment where it can be used to assess quality of life and can be used to enhance the quality of care provided.

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CHEMICAL PEEL – A NOVEL EXPERIENCE AT A DERMATOLOGY CLINIC IN LAGOS, NIGERIA

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Key words: Chemical peel, acne, quality of life, post inflammatory hyperpigmentation

Introduction

Chemical peel also called dermapeeling and chemexfoliation is a cosmetic procedure that has been in use for over 50 years. It is non invasive and is

effective at removing damage in the top and middle layers of the skin and can be used for a wide variety of skin conditions. The peels act by stimulating new skin growth via collagen and elastin; and as such can be used as an adjunct to medical management in some skin disorders.

Aims and Objectives. To describe the clinical response of patients who had chemical peel as an adjunct to their management and document its effect on their quality of life.

Materials and Methods. Ten patients (7 females and 3 males) who had scarring and post inflammatory hyper pigmentation as a result of moderate and severe acne vulgaris were recruited. Informed consent was obtained. Skin was prepped 2-3 weeks before the procedure and on the day was cleansed, degreased and assessed for the appropriate peel. Glycolic acid and Miami peels were used.

Results. Eight out of ten patients reported an improvement in their skin condition. Side effect noted were burning, dryness, itching and peeling in 2 patients who did not use sunscreen as prescribed. One patient's improvement was not sustained because she defaulted from initial follow up.

Conclusion. Cosmetic procedures are important in the management of dermatological patients and are associated with good outcomes. It is an easy in-office procedure that is non invasive and will offer patients an improved quality of life as an adjunct to medical therapy.

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QUALITY OF LIFE IN NIGERIAN PSORIASIS PATIENTS

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Keywords: Psoriasis, Quality of Life, symptoms and feelings.

Introduction. Psoriasis is a chronic, papulosquamous disorder of the skin with variable morphology, characterized by periods of remission and reactivity. Psoriasis, like many chronic disorders such

as atopic dermatitis, affects the quality of life (QoL) of the patient significantly. Psoriasis has been described as psychosomatic condition with the psychological distress of the disease being a possible causative factor or a factor maintaining the disease progression. The aim of the study was to determine the effect of psoriasis on the quality of life in patients who attended the dermatology outpatient clinic of the Lagos University Teaching Hospital (LUTH).

Methodology. The dermatology life quality index (DLQ) translated into the colloquial Nigerian English Yoruba (the most prevalent indigenous language spoken in South West Nigeria) was administered to consecutive patients who presented with clinical features of Psoriasis.

Result. Most psoriatic patient (92.8%) reported Impaired quality of life as a result of the disease. The mean of the total DLQI score was 10.52. The quality of life of the patients was most severely affected in the domain of symptoms and feelings and least affected by the treatment of psoriasis. The effect of psoriasis on the quality of life in males appears to be more than females.

Conclusion. In view of the percentage of psoriasis patients with impaired quality of life and the predominant effect on symptoms and feelings, early and prompt management to relieve symptoms will a long way in giving respite to patients.

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PATTERN OF DERMATOSES IN NIGERIA: COMPARATIVE REVIEW OF SEVEN STUDIES

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Keywords: Pattern, Skin diseases, Nigeria.

Background and Objective: The pattern of skin diseases in certain regions of Nigeria have been catalogues by several authors. Nigeria is an amalgam of people with disparate cultural, climatic, genetic, religious and socioeconomic backgrounds – factors which determine the distribution and pattern of skin diseases in a given community. Bearing this in mind, this study seeks to identify and review studies carried out within the past decade, with a view to highlighting the common skin conditions in the country.

Materials and Methods: Both electronic and hand searchers of skin diseases in Nigeria between 2003-2012 were performed. Seven studies were identified, reviewed and analyzed.

Results. Studies were drawn from five of the six geopolitical zones of the country; three from the South-South, and one each from the South-East, South-West, North-Central and North-West. All surveys were hospital – based. Dermatophytosis and urticaria were the conditions that consistently featured among the ten commonest dermatoses in all seven studies, while acne and atopic dermatitis were a constant in six out of the seven studies.

Conclusion: In spite of the differences in some of the determinants of skin diseases in various regions of the country, the pattern of skin diseases is similar. This makes a case for the drafting of a dermatologic formulary and treatment protocol for common dermatoses in the country and also for the training of health workers in the identification and treatment of minor skin disorders.

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THE FACTORS CONTRIBUTING TO QUALITY OF LIFE IMPAIRMENT AMONG NIGERIAN CHILDREN WITH TINEA CAPITIS

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Keywords: tinea capitis, QoL, CDLQI, children

Background: Despite the untold prevalence of tinea capitis (TC) among children in the developing countries, no single study has examined its impacts on children's quality of life (QoL).

Aim: The focus of the present study is to examine the impacts of TC on QoL and to identify the patients and disease variables that affect QoL as determined by the Children's Dermatology Life Quality Index (CDLQI).

Methods: A multistage probability random sampling was conducted among predominantly Yoruba children. A total of 370 children, 185 children and 185 without TC, were recruited as subjects and controls. The CDLQI test instrument was translated and validated in a pilot study before use. Diagnosis of TC was done through microscopy and survey and CDLQI questionnaire were administered to both subjects and controls.

Results: A total of 131 (70.8%) boys and 54 (29.2%) girls with TC were included as subjects, with the mean age of 7.31 ± 2.52 years. There was no significant difference between the ages of the subjects and controls ($P=0.67$). The children with TC had significantly higher mean CDLQI score than the control, 7.17 ± 3.034 versus 0.00 ± 0.000 respectively ($t=32.132, P<0.001$). The physician assessed severity was identified as a significant factor by the mean of total CDLQI, with an Eigenvalue of 3.57 (canonical correlation, $r+ 0.88; 2 = 276.265; df = 2; P<0.001$). Symptom/feeling and treatment subscales were mostly impaired. Symptoms such as itching, alopecia, adenopathy, and difficulties due to treatment contributed most significantly to QoL impairment ($P<0.01$). TC onset after age 5 years, teenage presence, level of education, atopy history and clinical type of TC were important factors which negatively affect QoL.

Conclusion: In this we identified patient's and disease variables that negatively affect QoL among children with TC.

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CLINICAL AND INVESTIGATIVE FINDINGS AMONG SCLERODERMA PATIENTS ATTENDING A DERMATOLOGY CLINIC IN LAGOS, NIGERIA

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Key words: Systemic sclerosis, Nigeria, laboratory findings

Introduction. Systemic sclerosis (SSc) is a

connective tissue involving the skin, internal organs (gastrointestinal tract, lungs, heart and kidneys) and the walls of blood vessels. It is more common in people of West African descent but there is limited report on the pattern of clinical presentations and investigative findings among West Africans especially in the Nigerian context. The objective of this study therefore is to retrospectively describe the pattern of clinical presentation and laboratory findings of a group of patient presenting to a dermatology clinic in Lagos, Nigeria.

Materials and Methods. The records of all patients who attended the clinic from January 2012 to December 2012 were reviewed. All patients included fulfilled the American College Rheumatology classification criteria for SSc.

Results. A total of 10 patients (all female) were identified, and their mean age was $41.1 \pm$ years. The most common dermatological presentations were digital ischaemic ulcers ($5/_{10}$) and Raynaud's phenomenon ($4/_{10}$); while the most common non-dermatologic manifestations were arthralgia/arthritis ($5/_{10}$) and dysphagia ($4/_{10}$). A diagnosis of diffuse cutaneous SSc (dcSSc) was found in 8 patients ($8/_{10}$), two patients were unclassified and no one had limited cutaneous SSc.

The most frequent laboratory abnormality was a raised erythrocyte sedimentation rate in seven patients ($7/_{10}$). Serological findings included positive Anti-nuclear antibody in 6 patients ($6/_{7}$) and Anti-topoisomerase antibodies in 3 patients ($3/_{5}$). Echocardiography revealed three cases of restrictive cardiomyopathy, one case of cor pulmonale and one of constrictive pericarditis. Restrictive lung disease abnormality was seen in all five patients ($5/_{5}$) in whom spirometry was performed. This ranged from mild to severe lung restriction.

Conclusion. The spectrum of findings in this study was largely comparable to other findings. Compared to a previous report in Nigeria, there was a higher occurrence of digital ischaemic ulcerations and Raynaud's phenomenon. We also note that despite the lung functions, none of the patients presented with complaints related to the respiratory system.

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OCCUPATIONAL SKIN DISEASES IN THE OIL INDUSTRY



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Background: Occupational diseases in the oil industry occur due to exposure to harmful substances/materials in the work place. Several organ system such as the lungs and skin may be affected. There is paucity of reports on skin diseases in the oil industry.

Materials and Methods: A review of literature on health hazards of working in the oil industry is done.

Results: The skin is involved less infrequently than other organs such as the lungs or haematological system in occupation as disease in the oil industry. Where the skin is involved, contact dermatitis, acneiform disorders, photodermatoses, and malignancies (haematological and skin) were the more frequent manifestations.

Conclusion: Recognition of occupational dermatoses in the oil industry as well as knowledge of the array of possible hazardous substances that could predispose to these dermatoses is important in providing not just therapeutic care, but also preventive care to workers in this segment of the economy.

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PROFILE OF AUTOIMMUNE DISORDERS IN UNIVERSITY OF PORT HARCOURT TEACHING HOSPITAL, RHEUMATOLOGY/DERMATOLOGY CLINIC, RIVERS STATE.

M Edet, B Otike-Odibi, Altraide DD

Keywords: autoimmune, profile, disorders, rheumatology, dermatology

Objective. To determine the prevalence of autoimmune disorders with cutaneous manifestations and their serological markers in University of Port Harcourt Teaching Hospital

Background. Autoimmune diseases such as rheumatoid arthritis, systemic lupus erythematosus, or scleroderma have been considered to represent disorders associated with reaction of the patient's own immune system against self-antigens or body systems.

Methodology. Retrospective study over a one year period from January 2012-January 2013 in the University of Port Harcourt Teaching Hospital.

Age Range between 14-59 years

A total of 30 patients.

Results. 7 cases of systemic and 19 cases of discoid lupus erythematosus with female and male with a ratio of 6:1.

Malar rash 4, Discoid rash 19, Oral erosions and Photosensitivity 3, Renal disorders 2, Positive ANA 3.

Rheumatoid arthritis (2 cases)

Had all the criteria (ACR) and were all females.

Conclusion. Autoimmune diseases are common in our environment with a female preponderance and cutaneous manifestations are seen in a larger proportion. Health workers need to be educated on the management and treatment of these conditions and should be advised to refer patients to rheumatology and dermatology clinic with serological tests where necessary.

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THE INITIAL VALIDATION AND RELIABILITY ASSESSMENT OF THE YORUBA VERSION OF CHILDREN DERMATOLOGY LIFE QUALITY INDEX (CDLQI): A PRELIMINARY REPORT

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Keywords: Yoruba, CDLQI, reliability, validation

Background: Children Dermatologic Life Quality Index (CDLQ) is becoming a popular test instrument. No Yoruba version in existence.

Aim: To translate, validate and assess' reliability of Yoruba version of CDLQI

Methods: Two Yoruba translations were carried out by two independent bilingual native translators. These

two translators then produced a single Yoruba version. The consensus Yoruba version was further back translated into English by a third and fourth independent bilingual translators. These two distinct English translations were reviewed by the copyright holders. Discrepancies from original English version were corrected by further back translation and cognitive de-briefing protocol was followed. The CDLQI questionnaire was administered to 38 children without and with kind of skin diseases.

Results: The Yoruba CDLQI was found reliable with internal consistency reliability coefficients (Cronbach) for the 6 items subscale ranging from 0.7a5 (symptoms and feelings) to 0.82 (treatment and personal relationship) and 0.80 for total CDLQI scale. Test-retest reliability coefficient was high for most subscales including symptoms and feelings (r=0.85), school and holiday (r= 0.75), sleep (r=0.76), and treatment (0.75) low for leisure (r=0.44), and personal relationship (r=0.11). The reliability coefficient for the total score was 0.96. Scores were zero in all axes for normal children. Yoruba CDLQI discriminated severity of skin diseases as assessed by a physician with a correlation constant (r²) = 0.77, p<0.0001.

Conclusion: The Yoruba version demonstrates moderate reliability. Caution in interpreting result in normal children, leisure and relationship axis.

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HECK'S DISEASE TREATMENT - THE WAY FORWARD

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FEH – Focal Epithelial Hyperplasia also called Multifocal epithelial hyperplasia or Heck's disease – is a benign proliferation of the oral mucosa affecting predominantly children and adolescent, characterized by asymptomatic, smooth, soft, sessile papules and or nodules that can coalesce in to a plaque on the lips or buccal mucosa, earlier presumed to be a disease of the native Americans, as first reported by Heck et al in 1965, now case reports are documented worldwide.

First documented case in Nigeria was in 1983, thereby making FEH now a common of a presumed rare particular geo-ethnic disease and dermatologist need to take a lead in its diagnosis and management effectivgely. Many modalities are used as treatment options including among others, Imiquimod. Interferon, retinoic acid, cryosurgery, electrocoagulation with little success and not available or unaffordable in a resource constrained setting like ours.

The present report describes the clinical presentation, mode of treatment, the preparation of the 'magic' drug, trichoroacetic acid (TCA) as it is not commercially available in Nigeria, that we also found to be very effective in black skin and affordable in our setting.

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FOCAL EPITHELIAL HYPERPLASIA (HECK'S DISEASE) – CASE REPORT IN A NIGERIAN CHILD AND REVIEW OF THE LITERATURE.

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Introduction: Focal epithelial hyperplasia or Heck's disease is a rare viral infection of the oral mucosa caused by human papillomavirus. It was first reported by Archard et al' in 1965 in Inuit and Indian children from North and South America but since then it has been reported from other parts of the world. The frequency of this disease varies widely from one geographic region to another. Sporadic reports have been reported all over the globe however no case has been reported from Nigeria.

Case Report. A four year old girl presented to out clinic with multiple warty growths on the mucosal of both the upper and lower lips starting a year ago. The growth has been spreading inwardly despite being completely asymptomatic. There were no constitutional symptoms. No symptoms in the parents. She is the first of two children of the parents. HIV testing was negative in the child and parents.

Histology of biopsy specimen was in keeping with a diagnosis of Heck's disease. Other sophisticated investigations such as a polymerase chain reaction (PCR) and sequencing could not be done due to limited resources and non-availability.

Conclusion. To the knowledge of the author this is the

first reported case of this rare disease in Nigeria. It is a benign condition of the oral mucosa produced by the subtypes 13 or 32 of human papillomaavirus (HPV)². It primarily occurs in children (as in this index case) with no gender predilection and characterized by the occurrence of multiple or solitary small papules or nodules in oral cavity, especially on labial and buccal mucosa, lower lip and tongue, and less often on the upper lip, gingival and palate³. Despite the viral etiology the disease is a relatively benign condition as spontaneous resolution is the usual course of this condition.

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HIDRADENITIS SUPPRATIVA, MORE THAN JUST SKIN DEEP!

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Keywords: Hidradenitis Supprativa, Acne inversa, Follicular occlusion syndrome

29 year old single, male unemployed graduate presented with a 13 year history of recurrent painful swellings and foul smelling purulent discharge from the axillae, groin, buttocks and upper thigh and a four month history of bilateral chronic leg ulcers. Axillary lesions healed with severe scarring. He had severe adolescent acne. No family history. He did not smoke. He avoided social contacts and left home only for medical reasons. He was depressed, unemployable and unattractive. His HADs score was ¹⁵/₂₁ for depression and 10 for anxiety.

Physical examination revealed an asthenic young man

with numerous ice pick and rolled acne scars on the face, multiple puckered and hypertrophic scars in both axillae with severe contractures. He had multiple sinuses draining foul smelling purulent discharge with multiple tender deep seated nodules and puckered scars in the groin, buttocks and upper thighs. There were two circumferential ulcers on the distal third of both lower limbs discharging serosanguinous effluent. A diagnosis of Hidradenitis Suppurativa with Pyoderma Gangrenosum was made. He responded to treatment with oral clindamycin and rifampicin and was discharged home with less offensive lesions after 10 weeks although the lesions were not completely healed. Hidradenitis Suppurativa is a chronic auto-inflammatory skin condition often associated with significant morbidity. In the last 10 years, LASUTH has recorded 8 cases, 5 females and 3 males from ages 22-37 years. The cutaneous and extra cutaneous features and the management of Hidradenitis Suppurativa with emphasis on multidisciplinary team approach will be discussed.

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ABSTRACT ON SYSTEMIC SCLEROSIS

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Background. Scleroderma is a chronic multi systemic disorder characterized by overproduction and accumulation of collagen with thickening of the skin. It is a rare connective tissue disease. It's cause is largely unknown but thought to be an interplay of genetics, environment and immune system activation.

The objective of this case is to highlight a typical case of systemic sclerosis and the rapidity of involvement of multi systems in this disease.

Method. The case records a 28 year old female presenting to the University of Port Harcourt Teaching Hospital and then a discussion of the case.

Result. A 28 year old female presenting with a 19 month history of depigmentation and thickening of the skin. A 5 month history of dysarthria, difficulty in opening her mouth associated with dysphagia, regurgitation and a 1 month history of a cough. She was chronically ill looking, aesthenic with pepper pot appearance of the skin, bilateral sclerodactyly and digital ulcers. She was tachypnoeic and had a blood

pressure of ¹⁵⁰/₁₁₀mmhg. A skin biopsy result was consistent with scleroderma.

Conclusion. Diffuse systemic sclerosis is the frequently occurring variant of scleroderma according to a study in Nigeria. Systemic affectation can be aggressive, rapid and life threatening.

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IMPRESSIVE RESPONSES TO ORAL PROPRANOLOL IN 2 INFANTS WITH PROBELMATIC HAEMANGIOMA

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Haemangiomas are the most common benign tumour in infancy. Current treatment options for problematic hemangiomas include systemic or intralesional corticosteroids, chemotherapeutic agents (vincristine, alpha-interferon), laser, surgery, or a combination of these therapies. 6-8.

Unfortunately, each treatment option has limited therapeutic benefit with its own side-effect profile and risks. Since the serendipitous discovery of propranolol in the treatment of haemangioma by Leaute-Labreze and colleagues recently, Oral propranolol has revolutionized the management of problematic infantile haemangiomas and is currently considered by many clinicians as first line therapy. We present our experience with use of propranolol on 2 infants with problematic haemangiomas with impressive results.

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DERMATOMYOSITIS IN A PATIENT WITH NASOPHARYNGEAL CARCINOMA

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Keywords: Erythematous rash, heliotrope rash, periungual infarcts, neck swelling

Dermatomyositis is a disease characterized by inflammation of the skin and the muscles (inflammatory myositis). There are characteristic cutaneous changes and weakness of the proximal group of muscles. These skin changes include edema and pink to erythematous discolouration of the eyelid

(heliotrope), erythematous eruptions of the shoulder, upper back and upper chest (shawl pattern), and others. Adult onset Dermatomyositis is often associated with internal malignancy.

We present a 53 years old pastor who presented to the dermatology clinic with six weeks history of painful and occasionally itchy erythematous rashes on the scalp, face, and trunk with swelling of the lower eyelid (also erythematous). There was an associated worsening of the pain and erythema on exposure to sunlight. He also complained of difficulty with lifting the upper limb and climbing stair case. There was also complaint of left sided neck swelling, pain and difficulty with swallowing, cough with haemoptysis. Examination findings reveals erythematous lower lid swelling (heliotrope rash), erythema of the upper chest and trunk (shawl sign) also extending to the anterior abdominal wall, erythematous papules on the knuckles of finger joints (Gottron's papules) and periungual infarcts. Dermatomyositis secondary to internal malignancy was considered and creatine kinase was 864u/l (range 15-195u/l). FNAC of the neck swelling (lymph node) shows malignant cells and Nasopharyngeal biopsy was Dermatomyositis secondary to Nasopharyngeal carcinoma.

The case highlighted an association between adult onset dermatomyositis and internal malignancy which must be searched carefully in all adults with the condition.

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CUTANEOUS T-CELL LYMPHOMAS: A DEATH SENTENCE IN A RESOURCE CHALLENGED SETTING?

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Keywords: Cutaneous T-Cell Lymphoma, Resource challenged setting, Malignant, Indolent

Cutaneous T-Cell Lymphomas (CTCL) are a rare group of disorders characterized by malignant clonal proliferation of T-Lymphocytes. They are legendary in their ability to escape detection even in regions with abundant resources due to their often confounding nature at presentation. Although they are said to have an indolent course and a relatively good prognosis depending on the type, yet this does not equate in a resource challenged setting where even common

benign dermatoses take years to diagnose.

Two cases of biopsy proven CTCL which ended in fatalities are discussed. Particular emphases are placed on the time taken to consultation with dermatologist, the difficulty in obtaining a diagnosis by the specialist and the challenges of management.

Due to the absence of some molecular techniques that has led to more frequent diagnosis in technologically advanced nations and the absence of most of the therapeutic agents in resource poor settings, CTCL remains a death sentence in our environment.

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GRANULAR CELL TUMOR OF THE SKIN – A CASE REPORT

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Granular cell tumors are tumors that start in primitive nerve cells. They can be found anywhere in the body. Most are found in the skin or the mouth. The most common sites of origin are in the head and neck (skin and oral cavity), but they are uncommon even in these areas. They are almost always benign. These tumors are generally asymptomatic and have a slow growth rate.

We present a case of a 25 year old hairdresser who [presented to the dermatology clinic with an 8 year history of multiple nodular and verrucous eruptions. Located at the left side of her chin and neck. There were other eruptions involving her, right lower eyelid, lateral aspect of her left arm, and upper back. Some of these lesions were excised prior to her first visit in the clinic. An excision biopsy was done and histologic examination of the tissue helped to make a diagnosis of Granular cell tumor. Definitive treatment of the remaining tumors is being awaited. However, surgical excisions s the treatment of choice.