Accepted Abstracts

Spring Dermatology & Skin Care 2018

Spring Dermatology & Skin Care Expo Conference

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Variability of skin parameters during swimming training

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Purpose: The skin of athletes practicing water sports is exposed to water containing disinfection by-products which can alter skin parameters. The aim of the study was to evaluate the effect of long-term of swimming pool water on the skin of swimmers.

Methods: The study included 32 swimmers aged 15 to 26 (mean age 21±1). Baseline values of skin hydration, sebum level, and skin pH were compared with those measured and after 120-minute training in the swimming pool water.

Results: Significant differences were found in all examined between parameters before and after the training. In men, skin pH changed from 5.16 to 6.42 (p=0.00), sebum level from 17.77 to 17.15 (p=0.01), and TEWL from 8.69 to 14.51 (p=0.00). In women, skin pH changed from 5.64 to 6.61 (p=0.00), sebum level from18.16 to 17.26 (p=0.00), and TEWL from 10.08 and 14.33 (p=0.00). Comparison of skin parameters between sexes revealed significant differences in skin pH (p=0.00) and TEWL (0.01), and insignificant in sebum level (p=0.63) at baseline, while after the training differences became insignificant in all skin parameters.

Conclusion: Baseline parameters of the skin differed between sexes, but those differences disappeared after 120-minute training in the swimming pool water. Skin parameters changed to the detriment of an athlete (pH and TEWL increased; sebum level decreased); however, further research is required to explain whether those changes results from aggressive environment, physical effort, or interaction of both said factors. Proper body care may reduce fluctuations in the skin parameters and accelerate the return to homeostasis.

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Phyto-formulations for matrix metalloproteinases (MMPs): Novel targets in UV radiation induced skin carcinoma

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The continuous exposure of skin to ultraviolet radiations generates reactive oxygen species leading to photoaging that causes degradation of dermal collagen and degeneration of elastic fibers. These fibres provide mechanical strength to the skin. In order to maintain the appearance of the skin, a complete understanding of the mechanism behind skin cellular degradation is desired, so that a better cosmetic formulation can be formulated. The studies has been shown that macrophages are crucially involved in skin Carcinoma and express significantly higher levels of M1 (CD40, CD127) and M2 (arginase I) markers as well as higher levels of MMP-9, a pivotal enzyme in cancerous matrix remodeling and cancerous invasion, than macrophages from the basal cell carcinomas. These macrophages represents different receptors like folic acid receptors which was exploited to know the extent of efficacy for delivery of phyto-formulations containing nanoparticles, transferosomes, liposomes etc. to cure carcinoma. The flavanoidal rich natural bioactives have been extensively incorporated in a suitable base and have proven their potential as a topical photoprotectants but their activity remained restricted due to poor solubility profile. Now researchers are working to design the Novel Targeted formulations to deliver these natural flavanoidal drugs to improve its efficacy and ultimately skin properties. In current years, The focus area of work is on some traditionally used bioactive moieties as natural matrix metalloproteinases inhibitors (MMPIs) and emphasized on more extensive and specific studies, so that a good combination of natural as well as synthetic MMPIs with the conventional drugs can be used for treating UV radiations induced ailments.

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Cryosurgery plus interferon alfa-2b versus cryosurgery alone in the treatment of condyloma acuminata

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Introduction: Although many options are available to eliminate condiloma acuminate lesions, none of them prevents relapses. Patients and method: A prospective, open, controlled study was carried out to compare the therapeutic effectiveness of cryosurgery plus interferon alfa-2b (IFN) versus cryosurgery alone in the treatment of condiloma acuminata. We included 170 adult patients with this diagnosis. There were two groups of 85 patients each. Patients from group I received IFN 3×106 IU three times a week plus fortnightly application of cryosurgery. Patients in group II received fortnightly application of cryosurgery alone. Treatment duration was the same (six weeks) in each group. Therapeutic effectiveness was assessed two weeks after treatment completion by comparing the initial and final state of the lesions. Patients showing complete treatment response were followed up quarterly for five years to detect possible relapses. Relapse was the main outcome variable of this study. Adverse events were monitored throughout the study.

Results: Relapse rates were significantly lower in group I. The start-end comparative analysis showed a significantly better response to the treatment in group I. The most common adverse effects were: fever, headache, chills, and myalgias due to IFN and burning due to cryosurgery. None of these events was serious.

Conclusions: Cryosurgery plus IFN is more effective than cryosurgery alone. The combined treatments decreased the relapse rate from 100% to 5.1%. Adverse effects were mild or moderate and not serious.

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The role of aesthetic physiotherapy in dermatology

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Introduction: The department of Physiotherapy involves the study of different physical techniques as preventing and treating methods. This concept is being understood in a broad sense because it uses various types of applications that are applied in many types of diseases. In this study we will introduce the valuable effects of physical therapy management in many skin diseases and positive effects of our top-secret bio (hand-made) lotion in curing skin disorders with no side effects at all.

Objectives: Since we aimed to evaluate the effectiveness of our hand-made product in many highly damaged skins of different patients, we combined the procedure with physiotherapy management and family education. Promoting the positive results of this study will give patients with skin diseases another choice of treating their conditions in a way that includes the procedure of healing without drugs, medication and what is more important, with no side effects indeed.

Methods: After we decided to apply this procedure in the clinic and insured it works we started to apply it regularly in patients' homes and saved our evidences to promote it to the community and beyond the wonderful effects in many skin types.

Results: However, we are improving and upgrading our methods and product daily in purpose to make it look totally professional. Meanwhile the results and feedbacks are satisfying. Patients are being sensitized and recommending our product to other people with skin conditions.

Conclusion: The role of physiotherapy and our top-secret bio lotion (hand-made) is the best solution for some types of skin diseases because it does not causes any damage or side effects, better than using laboratory medications or having a sedentary life.

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Comparison of the Therapeutic Effects of UVB and PUVA Therapy in Patients with Vitiligo Referred to BOUALI Hospital and MEHREGAN Laser Center

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Background: Vitiligo is a common pigmentary disorder with great cosmetic and psychological morbidities. Although many treatment modalities have been tried for the treatment of vitiligo, none is uniformly effective. PUVA (Psoralen Ultra Violet A) is established as efficacious treatment for vitiligo. Recently, narrow band UVB(NBUVB) has been reported to be an effective and safe therapeutic option in patients with vitiligo. In this study, patients with vitiligo divided into two groups that were treated either with UVB or PUVA therapy modalities and the efficacy ,the time required for repigmentation, stability of repigmentation and adverse effects were compered in two groups.

Methods: A clinical trial has been performed on 60 patients with vitiligo referred to BOUALI hospital and MEHREGAN laser center in 1392 and treated with UVB and PUVA therapy methods. In first group that were treated with PUVA (30 patients), oral tablets containing 8-methoxypsoralen at a dose of 25 mg/m^2 were taken three hours before phototherapy and PUVA therapy was started at a dose of 0.5 J/cm^2 twice a week. The phototherapy dose was increased by 20% in each visit if tolerated. In second group(30 patients), UVB therapy was administered twice a week with 311-313 nm wavelength and a dose of 0.1 J/cm^2 and we increased the dose 20% in each visit if tolerated. Phototherapy sessions in both groups were 15. In patients treated with PUVA, 40% were male (12 patients) and 60% were female (18 patients). In UVB group 43.3% were male (13 patients) and 56.7% were female (17 patients). The mean age in PUVA- treated group is 34 years and in UVB treated group is 32.1 years. There was no statistically significant difference on comparing mean age in both groups.(p=0.13). Type of vitiligo in patients treated with PUVA was 56.7% generalized, 30% segmental and 13.3% focal, and in patients treated with UVB was 56.7% generalized, 33.3% segmental and 10% focal.

Result: In the PUVA- treated group three month after treatment, two patients showed complete repigmentation (6.7%), five patients showed excellent repigmentation (16.7%), 17 patients showed good repigmentation (56.7%), four patients showed moderate repigmentation (13.3%), one patient showed mild repigmentation (3.3%) and one patient showed no improvement (3.3%). In the UVB–treated group three month after treatment, six patients showed complete repigmentation (20%), 13 patients showed excellent repigmentation(43.3%), eight patients showed good repigmentation (26.7%), two patients showed moderate repigmentation (6.7%). One patient showed mild repigmentation (3.3%). In this study ,there was statistically significant relationship between repigmentation and type of treatment during three and six month so that the efficacy in patients treated with UVB is better than PUVA.

Conclusion: According to this study, using UVB phototherapy is a safe and effective way for treatment of vitiligo in comparison with PUVA phototherapy.

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Gardner diamond syndrome: A systematic review of treatment options

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Gardner Diamond Syndrome (GDS), also referred to as auto-erythrocyte sensitization syndrome or psychogenic purpura, is a rare psych dermatological condition characterized by the formation of spontaneous, painful skin lesions that develop into ecchymosis following episodes of severe physiological or psychological stress. The majority of GDS cases occur in young adult females and although the etiology of this rare disorder is unknown, there appears to be a psychological component correlated with the co-existence of previous psychiatric diagnoses. Due to the rare nature of this disorder, there exist few guidelines for prompt clinical diagnosis and optimal treatment. Here, a systematic review was conducted to include 45 international cases of patients with GDS to better understand clinical presentation as well as current treatment options. Ultimately, GDS is a diagnosis of exclusion after other coagulopathies and causes of purpura are ruled out. High clinical suspicion following laboratory and clinical exclusion of known physiological causes is necessary for diagnosis. Selective serotonin reuptake inhibitors (SSRIs) and corticosteroids are cost effective first line treatments for GDS with proven efficacy in symptomatic relief. GDS refractory to initial treatment may require regular psychotherapy and titrated SSRI dosages to achieve long-term success. This review of available case studies serves to comprehensively describe the clinical presentation and available treatment approaches to this rare disorder.

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Diseases of the digestive system in young patients with severe plaque psoriasis: A hospital-based study

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Background: Psoriasis is associated with multiple other comorbidities, including gastrointestinal tract (GIT) and liver diseases (LD). But no study has been performed in Russian population of Psoriasis (PsO) patients.

Objectives: To evaluate the prevalence of GIT and LD comorbidity in a hospital-based cohort of patients (pts) with severe PsO.

Methods: 330 pts (234 Male (M)/96 Female (F)), mean age 39.9±0.9/38.05±1.3 years accordingly, mean PASI 49.4±0.56, PsO duration 11.6±0.6 years were included. PsO pts with GIT and LD, including diseases of oesophagus, stomach and duodenum (K20–K31), disorders of gallbladder, biliary tract and pancreas (K80–K87), alcoholic and toxic liver disease (K70–K77) (LD), viral hepatitis (B15–B19) (VH) were identify in the hospital database reporting and coding by International Statistical Classification of Disease and Related Health Problems (ICD-10) between 2010-2011 years. M±m, t-test, (%) were calculated. All $p<0.05$ were considered to indicate statistical significance.

Results: 166 (103-M/63 - F) out of 330 pts (50.3%) had GIT and LD. M and F pts were at the same age. No significantly differences were found in the prevalence of GIT and LD coding as K20–K31 between M and F pts – in 47 out of 103 pts (45.6%) and in 29 out of 63 pts (46.0%) accordingly ($p<0.05$). GIT and LD coding as K80–K87 were found in significantly more cases in M pts compare to F pts - in 23 out of 103 pts (22.3%) and in 23 out of 63 pts (36.5%) accordingly ($p<0.05$). LD coding as K70–K77 were found in significantly more cases in M pts compare to F pts - in 19 out of 103 pts (18.4%) and in 3 out of 63 pts (4.8%) accordingly ($p<0.05$). VH coding as B15–B19 were found in significantly more cases in M pts compare to F pts - in 29 out of 103 pts (28.2%) and in eight out of 63 pts (12.7%) accordingly ($p<0.05$).

Conclusions: GIT and LD comorbidities are common for hospital-treated cohort pts with severe plaque PsO. Young M pts with severe plaque PsO significantly often suffer from LD and VH compared to F pts. Young F pts with severe plaque PsO tend to suffer from diseases of the gallbladder, biliary tract and pancreas compared to M pts.

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Ophthalmic manifestations of Paederus dermatitis

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Purpose: To report the pattern of ophthalmic manifestations associated with Paederus dermatitis (PD).

Methods: Medical charts of patients presenting to eye clinic with clinical features consistent with diagnosis of PD from May 1, 2014 to April 30, 2016 were retrospectively reviewed. Relevant demographic and clinical data of periocular and ocular findings were collected and analyzed. The patients with a history of chronic skin disorders or allergies were excluded from the study.

Results: A total of 56 patients were included in the study. The age range was 4 to 65 years with a median of 27 years. On presentation, common subjective symptoms were burning sensation in 49 (87.5%), itching in 37 (66.1%), watering in 25 (44.6%), foreign body sensation in 17 (30.4%), blurring of vision in 16 (28.6%) and photophobia in 12 (26.8%) patients. Lid swelling, erythema, crusts and vesicles were the common periocular findings; and conjunctival congestion, discharge, and corneal erosions were the common ocular findings.

Conclusions: The current study shows that PD can cause significant ocular morbidity. Physicians, especially those who work in endemic areas, should be aware of this entity both in terms of management as well as for educating patients about the preventive measures.

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A revolutionary mini-invasive treatment for cellulite blemishes: 15 months of initial experience

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Introduction: In October 2016 I started, as one of the first in Europe, my experience with a new procedure that represents the only FDA-cleared minimally invasive treatment clinically proven to improve the cellulite blemishes for nearly four years in only one session.

Materials & Methods: We report our experience after 15 months in 50 patients (48F; 2M) with cellulite treated in a single session. Follow-up were scheduled after seven days (T7), 14 days (T14), 30 days (T30), 90 days (T90) and 180 days (T150) for all the 50 patients; 13 patients (1M) had a medical check at 12 months and three patients (1M) at 15 months. Outcome measures included subject photographs, Cellulite Severity Scale (CSS) and Global Aesthetic Improvement Scale (GAIS) assessment. Patient satisfaction and pain rating were also recorded. The treatment takes 45-60 minutes. Cellulite dimples are marked and the device is applied to stretch and stabilize tissue in a vacuum chamber, while local anesthesia is delivered. Then, a precise minimally-invasive subcutaneous release of the connective bands (TS-GS: stabilized-guided subcision) is performed with a micro-blade, without cuts or incisions. We have safely treated six to 45 sites in one session. After treatment, a light compression is applied and patients are able to return promptly to their daily life.

Results: The procedure treated successfully the primary structural cause of cellulite blemishes in all the 50 patients. Patient satisfaction was 87% at T90 in 50 patients (48F; 2M), 95% at T180 in 50 patients, 97% at 12 months in 13 patients (1M) and 100% at 15 months in 3 patients (1M). Transient treatment-related adverse events were mild in severity and the most common side effects reported were soreness and bruising. Among 50 patients, 95% had bruising at T7, 23% at T14 and no patient had bruising at T30. Soreness is reported in 100% of patients at T7, 19% at T14, 4% at T30 and 0% at T90. Global Aesthetic Improvement Scale (GAIS) and Visual Analog Scale (VAS) are also reported.

Conclusions: This revolutionary FDA-cleared procedure for the cellulite puckering combines a proven approach with an innovative technology to treat the primary structural cause of cellulite blemishes in posterior thighs and buttocks. This study confirms his safety, and efficacy with vacuum-assisted precise tissue release for the treatment of cellulite, which is also strengthened by patient's satisfaction.

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Reconstructive plastic surgery around the pelvis for management of pressure ulcer in spinal cord injury patient

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Spinal injury patient unfortunately are prone to develop skin pressure injuries due to multiple factors related to the pathological changes in their body, for example: loss of sensation, loss of motor function, bladder and bowel dysfunction. Skin is the largest organ of the body and has important function but unfortunately the skin is the first line of defense of the body against any physical, chemical, electrical subjected to the body. Pressure ulcer injury become very important subject regarding management, medico-legal issues, at the same time we have advanced in the way of prevention in this group of patients. In addition the reconstructive surgery becomes the orthodox management to repair these wounds. To repair these wounds according to the level of tissue injuries and considering the primary diagnoses of the patient disease. Our goal is to restore anatomy and the function of the body in this presentation the author will present the advance common reconstructive surgery.

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