INTRODUCTION

Face remains the main area of concern in health as well as disease. The appearance of face provides identity to the person. Lesions on the facial skin evoke anxiety and concern to the patient forcing him to seek early medical attention. The attractiveness of the human body has always been an important issue in the fields of sociology, psychology, psychiatry and also in the field of dermatology. Because in most societies the face is usually visible part, imperfections of its skin is also visible. The facial skin is studded with most numerous sebaceous glands and presence of smaller hair follicles than in the scalp, making it prone to development of dermatoses associated with pilosebaceous units. Exposure to the vagaries and vicissitudes of climate has a major and obvious influence on the incidence, type and natural history of facial dermatoses. There are very few clinical study of facial dermatoses done in this part of India and hence this cross-sectional study was conducted in a tertiary care hospital at Kalburgi of Karnataka State. 100 consecutive Patients with newly diagnosed facial dermatosis attending outpatient department were examined and data recorded.

In this study, most common facial dermatoses were pigmentary disorders of which melasma constituted the most common, followed by acne, rosacea and perioral dermatitis. 12% were tumours, 22% were infections. There was a wide variation in the age group of the cases. In this study, we observed that maximum number of cases belonged to urban areas and were students. It is thus felt that this study provides an insight into various aspects of facial dermatoses encountered in day to day practice.

METHODOLOGY

This cross-sectional study was conducted to study the facial dermatoses over a period of one and half years from November 2017 to November 2018. All patients, who presented with the primary symptoms, suggestive of facial dermatoses, attending outpatient department a department of Dermatology at Basaveshwara teaching and general hospital, Kalaburagi were subjected to detailed history and clinical examination. During the study period, a total of 100 cases were selected randomly after taking their consent. Ethical clearance was obtained before commencing the study.

Exclusion criteria

1. Patients who have already been diagnosed and receiving treatment for facial skin disorders

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Patients who have only oral mucosa or only conjunctival involved.

RESULTS

100 patients fulfilling study criteria attended OPD of Dermatology, Basaveshwara Teaching and General Hospital, attached to MahadevappaRampure Medical College, Kalaburagi from November 2017 to May 2019 were enrolled in the study. Out of 100 cases 26% were pigmentary disorders of which melasma constituted the most common i.e 12%. 24% were acne, rosacea and perioral dermatitis, 12% were tumours, 22% were infections and miscellaneous conditions 16%. Conditions which were included in miscellaneous conditions were Milia, Pityriasis alba, KumKum dermatitis, Hirsutism, Seborrheic dermatitis, Perioritis, DLE .47 (47.0%) of the cases were males and 53 (53.0%) females. There was a wide variation in the age group of the cases. The age of the cases ranged from 4 years to 66 years. The majority of cases 24 (24.0%) were in the age group of 20 to 29 years. The mean age of males was 30.08 ± 17.11 and females mean age was 26.21 ± 12.03. Males are dominant in the age as compare to females. In this Study, we observed that maximum number of cases belongs to urban residence 68 (68.0%) and rural cases were 32 (32.0%). This study showed that maximum patients were students by occupation i.e 38%, housewife 29%, businessmen 11%, agriculture 9%, least were engineer and mechanics 1% each.

DISCUSSION

Jain et al carried out a study among 150 patients who were having dermatoses on the face at the outpatient department. They found that 26.7% of the cases were having pigmentory disorders. The most common etiology of the pigmentation was found to be melasma. Acne was found to be the second leading etiology in 16.7% of the cases. Other dermatoses which were found in their study were cyst, eczema and naevi. These findings are in accordance with the finding of the present study. The author stated that the prevalence of the facial dermatoses was associated with the factors like social class, awareness, area of residence, conditions of the climate, etc.

Gupta et al studied the hospital records of the patients who were diagnosed with facial hypermelanoses. They included only male patients. They collected data on various factors. Skin biopsy was also carried out. There were a total of 300 male subjects in this study. They were aged between 18-74 years. They found that there were 40.3% of the cases in the age group of 31-50 years. But we found that in the present study there were only 33% cases in this age group. The most common cause was found to be melasma in 76.7% of the cases. The author noted that 10.7% of the cases were having hypermelanoses around the orbit, 8.7% of the cases were having lentigens and freckles, and 4% of the cases were having acanthosis nigricans and noted that it was associated with obesity and diabetes. The authors concluded that the most common causes of facial hypermelanoses were melasma.

Melasma constituted the most common facial melanosis in the present study forming 46.16% of all cases which is in concordance with Hassan et al.

The most common pattern of melasma in our study was malar type 75%, followed by centrofacial type seen in 25% patients, which was in concordance with the observations made by Hassan et al and Goh et al.
In our study, seborrheic keratosis was the most common tumor. 5 patients (41.67%) were diagnosed to have seborrheic keratosis and it was observed to be more common in females 3 (25) when compared to males 2 (16.67%) with female to male ratio of 1.5:1. This is concordance with Besra et al\textsuperscript{9} who reported a female to male of 1.2:1. In our study two (12.5%) patients had perioralitis which was similar to study conducted by Kar PK\textsuperscript{10}

CONCLUSION

This study was undertaken to assess the nature and extent of the involvement of the face in various dermatoses at different age and sex. Though the prevalence of various diseases is well known, very few studies exist which have studied face involvement in these. The patients seen in our study were cross sectioned from all age group, both sexes, different socioeconomic status, as well as various geographical areas. It is thus felt that this study provides an insight into various aspects of facial dermatoses encountered in day to day practice.

References


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