



NIGERIAN JOURNAL OF DERMATOLOGY 2021 BOOK OF ABSTRACTS



NADS/ABS 003 :

Covid-19 Pandemic Era and Connective Tissue Disease Management; What has Changed?

Bob UKONU MBBS, FMCP

Department of Medicine, College of Health Sciences,
University of Abuja, Abuja

Corresponding Author: Bob Ukonu

Email: bobify@yahoo.com

Phone Number: +2348037866885

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COVID-19 global pandemic has demonstrated a lot of challenges in the management of various diseases of which connective tissue disease is not exempted. The aim of this study is to highlight the relevance of deploying telemedicine and its challenges in our current day practice.

This study was done in the Dermatology Unit of University of Abuja Teaching Hospital, Gwagwalada, Abuja. Patients who were being followed up for connective tissue disease were enrolled into the study. Frequency of symptoms/severity were determined by number of communications made. Different modes of communication were assessed and COVID-19 test done on those who complained frequently. Access and affordability of medications were noted.

A total of 27 patients were being managed for connective tissue disease of which 16 (59.26%) of them established contact with the researcher during the pandemic/Lockdown.

The mean age was 46 years and the ratio of male to female 1:1.3. Phone call was the most preferred means of communication (100%) followed by text messages (SMS) (56.25%). WhatsApp video/WhatsApp messages were also utilized. Three out of six who complained of exacerbated symptoms and signs tested positive for COVID-19. The predominant drug (hydroxychloroquine) used for treatment were difficult to access and was almost unaffordable.

In conclusion, COVID-19 pandemic has almost made face to face interaction with patient extremely

difficult. However, the utilization of telemedicine helped to reduce the impact of the pandemic and enhancement is advocated for our day-to-day practice of dermatology.

Keywords: COVID-19, Connective tissue disease, telemedicine, pandemic, treatment

NADS/ABS 004 :

Prevalence and Pattern of Acute Dermatological Manifestations of the Novel Covid-19 Infection at a Covid-19 Treatment Center in Sub-Saharan Africa

Ehiaghe L ANABA MSc, FWACP, FMCP

Department of Medicine, Lagos State University College of Medicine Medicine/Lagos State University Teaching Hospital, Lagos, Nigeria.

Corresponding Author: Ehiaghe L Anaba

Email: ehianaba@yahoo.com;

Phone Number: +234 8030495911

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Background: COVID-19 is associated with diverse manifestations including dermatological disease. Reports of cutaneous manifestations from Africa are few despite observances of these cutaneous manifestations during treatment of COVID-19 patients. The aim of this study is to document the prevalence and pattern of cutaneous manifestation of COVID-19 disease,

Methods: This was a prospective cross-sectional study of 161 adult in-patients with PCR confirmed COVID-19 disease at a treatment center for moderate and severe COVID-19 disease. Sociodemographic (age, gender, duration of COVID symptoms) and clinical data (severity of COVID-19, cutaneous manifestation) were documented using a questionnaire. All the patients were clinically evaluated for new onset skin disease. Data was analyzed using SPSS 22.0. Simple statistics such as means and frequencies are presented.

Results: The group was made up of 54.7% males and 45.3% females with a mean age of 54.4 ± 14.4 years.

Seven patients had cutaneous manifestation of COVID-19 disease giving a prevalence of 4.2%. These cutaneous manifestations were urticaria, morbiliform rash, purpura blister and scaly patches. In 2 patients, the cutaneous manifestation started at the same time with the COVID-19 symptoms while in 5 patients, it started after the symptoms. The severity of COVID-19 disease was severe in 5 of these patients. Only one patient reported itching with COVID-19 disease.

Conclusion: The novel COVID-19 virus does have cutaneous manifestations but these are uncommon and dependent on the severity of the COVID-19 disease.

Keywords: COVID19, cutaneous manifestations, severity

NADS/ABS 005:

Covid 19: Cutaneous Manifestations in Lagos, Nigeria

Erere OTROFANOWEI FMCP,¹ Ayesha A. AKINKUGBE FWACP,¹ Bolaji I. OTIKE-ODIBI,² Olusola O. AYANLOWO MSc, FWACP,¹ Iorhen E. AKASE,³ Moses KARAMI,³ Mohammed KAMAL,³ Basirat AKANBI,³; for LUTH COVID-19 Case management team

¹Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos/ Lagos University Teaching Hospital (LUTH)

²Department of Medicine, Faculty of Clinical Sciences, University of Port Harcourt

³Department of Medicine, Lagos University Teaching Hospital

Corresponding Author: E. Otofrowei

Email: ererey@yahoo.co.uk;

Phone Number: +234 8033263378

*** **

Background: Cutaneous manifestations of COVID-19 have been documented from Europe, USA, and China but none from Africa to date. Skin findings among Africans differ from Caucasians and it is important to report these in Nigerians with COVID-19.

Methods: A prospective observational review involving patients seen at the Emergency triage and Isolation wards of the Lagos University Teaching Hospital. Demographic and clinical data were captured; skin and appendages were examined by a dermatologist between 0800hrs and 1600hours to

minimise visual errors of artificial light masking cutaneous lesions.

Results: Of 235 participants, 17 (7.23%) had recent onset skin rash, with 7 (41.2%) itching and 11 confirmed with COVID-19. There was a male: female ratio of 97:43 (2.3) among COVID-19 patients. Cutaneous findings were in 12 (5.1%) participants, with the face and trunk mostly affected and acne plus papular eruptions predominating. There was no significant relationship between COVID-19 and recent onset skin rash (χ^2 , $p = 0.87$). Only 2 of the 17 participants had a previously existing dermatoses (χ^2 , $p = 0.84$). There was no significant relation between use of medications and onset of rashes (χ^2 , $p = 0.72$) or between those with co-morbidities and onset of rashes (χ^2 , $p = 0.51$).

Conclusion: Cutaneous manifestations were found among Nigerian patients with SARS-CoV-2 infection. Most presented with pruritus and papular eruptions and no morphologic pattern was demonstrated. Physicians and dermatologists need to be aware and look out for skin changes in SARS-CoV-2 infection as they may be early pointers to COVID-19.

Keywords: Cutaneous findings, manifestations, Skin, COVID-19, Nigeria

NADS/ABS 006:

Emerging Roles Of Social-Media for Dermatologists

Olufolakemi COLE-ADEIFE FMCP

Department of Medicine, Lagos State University Teaching Hospital (LASUTH), Ikeja, Lagos

Corresponding Author: Olufolakemi Cole-Adeife

Email: fomcole@yahoo.com;

Phone Number: +2348037133139

*** **

Social media comprises several internet-based applications and platforms that provide users with instant means of remote communication and dissemination of personalized, user-generated content and information.

Social media use is more common with young people but has gradually become popular with people of all ages and there are currently an estimated 3.8 billion social media users worldwide. This popular new communication method is highly effective in reaching large numbers of people remotely. It has become a

major source of information and influence as many now look to social media for information on various aspects of their lives, including health information. However social media also has some downsides as misinformation and fake news can also be rapidly disseminated.

Dermatology is a major field of interest on social media especially as it includes the popular areas of beauty and aesthetics. As more people seek health-related information online, dermatologists using social media can connect, engage, educate, and build relationships and trust with patients who are seeking health information. It is also important that authentic sources of dermatological information are available and accessible on social media platforms to counter incorrect or misleading information.

The active participation of qualified dermatologists in social media will help to improve the quality and veracity of skin health information accessible to patients and influence general health-seeking behaviour positively.

Keywords: Social media, Dermatologists, skin health information

NADS/ABS 009 :

Skin Manifestations of Endocrine Disorders

Adeolu AKINBORO MBBS

Dermatology and Venereology division, Department of Medicine, Ladoke Akintola University of Technology (LAUTECH) Ogbomoso, Oyo state.

Corresponding Author: Akinboro A

Email: adeoluakinboro@gmail.com;

Phone Number: +2348136872240

*** **

The skin is a recognized window to proper perspectives of endocrine diseases for diagnosis, treatment, and further monitoring of the underline endocrinopathies. The dermatologic manifestations of endocrine disorders further compounded the diseases' burden and negatively impacted the quality of life. In this presentation, disorders of the pancreas, thyroid gland, adrenal glands, hereditary endocrine syndromes are briefly summarized.

Keywords: Skin, Endocrine disorders, pancreas, thyroid glands, adrenal glands

NADS/ABS 011 :

Current Trends in Atopic Dermatitis

Sherifat KATIBI

Department of Paediatrics and Child Health, University of Ilorin Teaching Hospital, Kwara State

Corresponding Author: S Katibi

Email: sherikatibi@yahoo.com;

Phone Number: +2348033797816

Atopic dermatitis (AD), a common chronic inflammatory skin disorder, is associated with significant morbidity. Prevalence is as high as 20% in children and 10% in adults worldwide. Increased understanding of the pathogenesis has led to promising research on wider therapeutic options which include biologics like Dupilumab which is now licensed for children 6 years and above. Other biologics like tralokinumab and JAK inhibitors with great promise are also expected to be licensed. Preventive modalities like use of emollients in infancy, have not been effective but rather appear to predispose to allergy and skin infections. Precision medicine in the treatment of atopic dermatitis appears to be the future, whereby non-invasive modalities like proteomics and genomic assay of skin tape stripping can be used to determine the specific inflammatory biomarkers in individuals and this can be used to monitor and direct treatments.

Keywords: Atopic dermatitis, chronic inflammatory dermatosis, biologics, Dupilumab, JAK inhibitors

NADS/ABS 012 :

Mycetoma (Madura Foot): A Case Report and Review of Literature

Haroun ADAMU

Federal Medical Centre, Abuja

Corresponding Author: Haroun Adamu

Email: adamuhng@yahoo.com;

Phone Number: +2348062619632

*** **

BACKGROUND: Mycetoma is a chronic mutilating, infectious, granulomatous disease of the skin and subcutaneous tissue. It is predominantly a disease of tropical and subtropical countries. It is usually caused by filamentous bacteria (Actinomycetoma) or fungi (Eumycetoma). The clinical manifestations are very similar. Distinguishing the two is very important and can be a challenge. It is not unusual for patients to present late with advanced disease, necessitating

amputation.

Case presentation: A 32-year-old man who works as a security guard presented with a 15-year history of swelling of the left foot associated with discharging sinuses. He had visited several Hospitals and has had a biopsy done with inconclusive results. We made an assessment of mycetoma. A repeat biopsy yielded results that was in keeping with mycetoma of bacteriological origin (actinomycetoma). Patient was placed on a regimen of TMP-SMX, Streptomycin and doxycycline. There was gradual improvement and resolution of the lesion over a course of 6 months.

Conclusion: This case report highlights the importance of increased awareness of mycetoma in clinical practice. It also highlights the need for persistence in establishing the etiological agent so as to ensure definitive treatment and resolution of the disease process before the onset of irreversible damage.

Keywords: Mycetoma, Madura foot, Actinomycetoma, Eumycetoma

NADS/ABS 013 :

Successful Treatment of a Twelve-Year-Old Girl with HTLV-1 Infective Dermatitis

Aishatu MYAHYA

Yusuf Maitama Sule University Kano, Nigeria.

Corresponding Author: Yahya Aishatu M

Email: aishayahya35@yahoo.com;

Phone Number: +2348035054507

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Introduction: HTLV-1 infective dermatitis (IDH) is a chronic and rare skin disease mainly described in children from Jamaica and Brazil as endemic regions. It is characterized by, a eczema that is recurrent and chronic associated with scally, erythematous, crusted skin lesions predominantly involving the seborrheic areas, papular rashes that are generalized, chronic nasal discharge and crusting of the anterior nares with *Staphylococcus aureus* or beta-hemolytic Streptococcus infection that is non-virulent due to immunosuppression induced by HTLV-1 infection, lymphadenopathy, anaemia, pruritus as well as increased occurrence of infections like scabies. It may predispose patients to develop other conditions associated with HTLV-1 such as adult T-cell leukemia/lymphoma. The diagnosis of HTLV-1 infective dermatitis is challenging to both the

clinicians and dermatopathologists.

Methods: Here we report a case of a 12year old girl with HTLV-1 infective dermatitis who presented to Murtala Muhammad Specialist Hospital Paediatric dermatology clinic and was successfully treated.

Conclusion: HTLV-1 infective dermatitis is a heterogeneous skin condition in children which should be differentiated from other common conditions like seborrheic dermatitis especially in non-endemic areas for a successful management.

Keywords: HTLV-1 infective dermatitis, Children, Kano, Nigeria.

NADS/ABS 014 :

Current Trends in Management of Hair Loss

Ayesha AKINKUGBE

Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos/ Lagos University Teaching Hospital (LUTH)

Corresponding Author: Akinkugbe AO

Email: ahseya68@yahoo.com;

Phone Number: +2348029626425

*** *** ***

The treatment of hair loss is an important part of clinical dermatology given the prevalence of the problem and great impact on patients' quality of life. Management starts with a thoroughly evaluation for the cause of hair loss along with a complete history and physical examination. Hair restoration in women involves both medical and surgical treatment. Many new treatments have been introduced in recent years.

- a) Androgenetic alopecia: oral minoxidil, dutasteride and finasteride; new forms of topical application; prostaglandin agonists and antagonists; low-level laser therapy; and regenerative medicine and stem cell therapy
- b) Alopecia areata: Janus kinase inhibitors
- c) Frontal fibrosing alopecia: antiandrogens and, for some patients, pioglitazone.
- d) Hair transplant procedures

Keywords: Hair loss, alopecia, androgenetic alopecia, frontal fibrosing alopecia, alopecia areata

NADS/ABS 015:

An Unusual Case of Telogen Effluvium Presenting as Focal Hair Loss in Infancy

ANAJE CC MBBS, FMCP,¹ **EZEJIOFOR OI** MBBS, FMCP,¹ **ENECHUKWU NA** MBBS, FMCP,¹ **OKPALA CI**²

¹Department of Internal Medicine, Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State, Nigeria

²Dermatology Unit, Department of Internal Medicine, Faculty of Medicine, College of Health Sciences, Nnamdi Azikiwe University, Nnewi Campus, Anambra State, Nigeria.

Corresponding Author: Nkechi A ENECHUKWU

Email: na.enechukwu@unizik.edu.ng

Phone Number: +234 8061315182

*** **

Background: Telogen effluvium is a common cause of diffuse non-scarring hair loss in the first 6 months of life. Focal hair loss in infancy especially when located in the occipital region is usually attributed to pressure alopecia. In the event that hair loss presents in an atypical manner and where biopsy is not feasible, trichoscopy is useful in making a distinction between the different hair loss types so that appropriate treatment can be initiated. We present a case of an 8-month-old female infant with focal hair loss due to Telogen effluvium.

Case Report: An 8-month-old girl presented with 4 months' history of gradual onset patchy hair loss. The hair loss was initially noticed on the occipital region, but later involved the frontal and vertex regions. Mother denied history of patient resting on the affected areas while sleeping. There was poor weight gain despite good appetite in the baby, hematochezia at birth and reduced frequency of defecation. Examination findings were a small for age child with multiple patches of hair loss located on the affected areas. Hair pull test was negative. Trichoscopy showed decreased hair density with multiple empty follicles and predominance of hair follicles with only one emerging hair on all the affected areas. A diagnosis of telogen effluvium was made. Following iron and protein supplementation therapy, her hair density improved clinically and on trichoscopy.

Conclusion: Trichoscopy is useful in determining the aetiology of alopecias presenting with atypical patterns especially where scalp biopsy is not feasible.

Keywords: Telogen effluvium, Trichoscopy, hair loss.

NADS/ABS 016:

Androgenetic Alopecia, Metabolic Syndrome, and its Component Traits among Nigerian Adults

OIWOH S.O¹, **AKINBORO A.O**², **OLASODE O.A**³, **ONAYEMIE.O**³

¹Dermatology and Venereology unit, Department of Internal Medicine, Irrua Specialist Teaching Hospital Irrua, Edo state.

²Dermatology and Venereology division, Department of Medicine, Ladoke Akintola University of Technology (LAUTECH) Ogbomoso, Oyo state.

³Department of Dermatology and Venereology, Obafemi Awolowo University, Ile Ife, Osun state

Corresponding Author: Oiwoh SO

Email: seboiwoh2@gmail.com

Phone Number: +2348032766299

*** **

Introduction: The hair is a repertoire of useful bodily information. Previous studies elsewhere have reported Androgenetic Alopecia (AGA) as cutaneous correlate of cardiovascular diseases. No study has examined association between AGA and metabolic syndrome in Nigeria. This present study aimed to document the association between metabolic syndrome and AGA among adults in Ogbomoso, south western Nigeria.

Methodology: Two hundred and sixty consenting subjects with AGA and 260 age and sex-matched controls were included through a multistage sampling method. Demographic characteristics and anthropometry were documented. Samples were obtained for fasting blood glucose, and lipid profile. Metabolic syndrome was diagnosed using IDF criteria. Data was analysed using IBM SPSS version 20.

Result: The prevalence of AGA was 29.95%. AGA was significantly associated with elevated mean systolic blood pressure ($p=0.008$), low HDL-c ($p<0.001$), alcohol intake ($p<0.001$), dyslipidemia ($p=0.002$). The prevalence of metabolic syndrome was 8.08% in AGA. The correlate of AGA includes age ($p<0.001$), systolic blood pressure ($p=0.002$) and abdominal obesity ($p=0.027$) in MAGA while age ($p=0.009$) and body mass index ($p=0.031$) in FAGA.

Conclusion: AGA is significantly associated with systolic blood pressure, alcohol ingestion, dyslipidemia, body mass index and waist

circumference.

Keywords: Androgenetic alopecia, metabolic syndrome, dyslipidemia

NADS/ABS 017:

Traction Alopecia Prevention (Tap) Project: Knowledge of Traction Alopecia (Ta) and Hair Care Practices Among Adolescents in North-Central, Nigeria

OKORO OE,¹ BARMINAS RA,¹ IMAMA²

¹Federal Medical Centre, Keffi Nasarawa State,

²University of Abuja Teaching Hospital, Gwagwalada, Abuja

Corresponding Author: Okoro OE

Email: emybum@yahoo.com;

Phone Number: +2348138353294

*** **

Background: Traction alopecia (TA) is the commonest cause of hair loss among young women. It is a preventable cause of alopecia. Adequate knowledge and good hair care practices will reduce the progression of TA. The TA project is aimed at reducing the burden of TA by focusing on female adolescents.

Objectives: The aims of the study were to determine the knowledge of TA and hair care practices among adolescents in Keffi, Nasarawa State, Nigeria

Method: This was a cross sectional survey among 333 secondary school female adolescents. The students were randomly selected and interviewed. The questionnaire sought information about the knowledge of TA and hair care practices. The data was analyzed using the SPSS 25 statistical software.

Result: Only 27.3% of the participants knew about TA. Overall knowledge score was poor in 61.4% of the adolescents. The acts of hair plaiting 86.8% (289/333), relaxing the hair 68.8% (229/333) and covering the hair 88.3% (294/333) were the predominant hair care practices seen among them. 90.8% had relaxed and plaited their hair. Cornrows with own hair was the commonest usual hairstyle. Use of hair attachments was believed to be the commonest cause of TA. The use of hijab was the commonest hair cover among the participants.

Conclusion: The knowledge of TA was poor among the participants. A large number of them engaged in risky hair care practices that can lead to TA.

Interventions to reduce the knowledge gap and improve their hair care practices will reduce the prevalence of TA.

Keywords: Traction alopecia, hair care practices, adolescents

Acknowledgement: L'Oreal Research and Innovation for supporting this work

NADS/ABS 018:

Trichoscopy in Relation to the Severity of Androgenetic Alopecia among Nigerian Adults in Ogbomoso, Southwestern Nigeria.

Oiwoh S.O,¹ Akinboro AO,² Olasode O.A,³ Onayemi E.O³

¹Dermatology and Venereology unit, Department of Internal Medicine, Irrua Specialist Teaching Hospital Irrua.

²Dermatology and Venereology division, LAUTECH Teaching Hospital, Ogbomoso.

³Dermatology and Venereology department, Obafemi Awolowo University, Ile Ife.

olayinkaolasode@yahoo.com, onayemi2002@yahoo.com

Corresponding Author: Oiwoh S.O

Email: seboiwoh2@gmail.com;

Phone Number: +2348032766299

*** **

Background: Androgenetic alopecia (AGA) is a non-scarring alopecia resulting from decline numbers of hair follicles or non-functional hair follicles in the scalp. Few published studies exist on AGA in Nigeria; however, none has examined trichoscopic appearance and correlates same with AGA severity.

Aims and Objectives: To document the association between trichoscopic findings and severity of AGA among adults in Ogbomoso.

Methods: Community-based cross-sectional design was made to include 260 consenting AGA subjects. The male AGA was classified using modified Hamilton-Norwood scale and Ludwig's scale for female AGA. With the aid of the RoHS digital dermoscope, all areas of the participants' scalp were examined. Data were analyzed using IBM SPSS version 20.

Results: Grades II vertex (13.8%) and VI (10.4%) were the most frequent male AGA severity grades while grade IVa (1.2%) was the least common grade. Ludwig I was the most frequent Female AGA severity

grades (7.7%), then II and III (6.9% and 2.3% respectively). Subjects had brown dot 234 (90.0%), white dot 129 (49.6%), hair diversity 214 (82.3%), yellow dot 26 (10.0%) and perifollicular pigmentation 155 (59.6%). Honeycomb pigment pattern was significantly associated with mild disease 92 (46.2%, $p=0.019$) severity in male AGA while multihair follicle 13 (65%, $p=0.024$) was associated with mild disease severity in Female AGA.

Conclusions: Frequent trichoscopic findings includes hair diversity, brown dots, yellow dots, white dots. Honeycomb pigment pattern and multihair follicle were significantly correlated with mild disease in male AGA and female AGA respectively.

Keywords: Androgenetic alopecia, Trichoscopy, severity of AGA

NADS/ABS 019:

Marginal Traction Alopecia: Hair Care Practices, Severity Scoring and Trichoscopy Features in Lagos, Nigeria.

Ehiaghe Lonia Anaba,¹ Ayesha Omolara Akinkugbe,² Erere Otrofanowei,² Olusola Ayanlowo,² Olufolakemi Cole-Adeife,³ Itohan Oaku,³ Ireneh Akwara³

¹Department of Medicine, Lagos State University College of Medicine/ Lagos State University Teaching Hospital, Lagos, Nigeria.

²Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos/ Lagos University Teaching Hospital (LUTH)

³Department of Medicine, Lagos State University Teaching Hospital (LASUTH), Ikeja, Lagos

Corresponding Author: Ehiaghe L Anaba

Email: ehianaba@yahoo.com;

Phone Number: +234 8030495911

*** **

Background: Marginal traction alopecia is commonly observed in adult females. There is a need for detailed studies on its prevalence, severity, trichoscopy features and severity scoring. The aim of this study was to determine the community prevalence, pattern, severity scoring and trichoscopy features of traction alopecia among Nigerians.

Method: This was a cross-sectional descriptive study of a cohort of 207 adult females in a community in Lagos, Nigeria. The participants were clinically evaluated for marginal traction alopecia.

Sociodemographic, clinical and trichoscopy data was documented. Severity score was documented using the marginal traction alopecia severity score. Data was analyzed using SPSS version 22.

Results. The mean age of the participants was 42 ± 13 years. The prevalence of marginal traction alopecia was 76.3% and the mean age of those who had marginal traction alopecia was 43 ± 12.8 years. The most common pattern was frontocipital in 65.2% followed by frontal only in 34.2% and occipital only in 0.6%. The marginal traction alopecia score was 1-3 in 22.2%, 4-6 in 29.7% and ≥ 6 in 48.1%. Examination revealed fringe sign in 30.4%, folliculitis in 9.5% and 13.9% had tight weaves. Trichoscopy features included preserved honeycomb pigment, preserved white dot architecture, absent follicular openings and single hairs from hair follicles.

Conclusion. Marginal traction alopecia is common in Nigerian women. It is mostly severe and associated with haircare practices. Common trichoscopic features are varying hair diameter, preserved honeycomb pigment and prominent white dots. Appropriate awareness and education of females on hair styles can mitigate this hair loss.

Keywords: marginal traction alopecia, Trichoscopy, severity scoring

NADS/ABS 020:

Trichoscopic Features of Tinea Capitis Observed in Black African Children: The Role of Trichoscopy as a Complementary Diagnostic Tool

Abdullahi Umar,¹ Tahir Turaki Mohammed,¹ Olaniyi Onayemi,² Olayinka Abimbola Olasode²

¹Dermatology unit, Department of medicine Ahmadu Bello University Zaria, Nigeria.

²Department of Dermatology and Venereology, Obafemi Awolowo University, Ile-Ife, Osun State, Nigeria.

Corresponding Author:

Phone Number: +2348038050480

*** **

Background: Trichoscopic examination of scalp and hair has remained a very useful tool in the screening and diagnosis of many hair disorders amongst which is tinea capitis.

Objective of the study: This study described the trichoscopic features observed in a large cohort of

black African school children with tinea capitis, and also enumerated the role of trichoscopy as a complementary tool in making the diagnosis.

Materials and methods: This was a cross-sectional descriptive study of 420 primary school pupils aged between 5-14 years with tinea capitis. Data was collected and entered into statistical software (SPSS version 20.0) and analyzed using relevant statistical tests.

Results: The children with tinea capitis comprised of 315 (75%) males and 105 (25%) females, with a mean age of 9.54 ± 2.38 years. Specific trichoscopic findings of tinea capitis observed were; comma hairs 85 (20.2%), corkscrew hairs 75 (17.9%), zigzag hairs 39 (9.3%) and the Morse code hairs 12 (2.9%). The nonspecific trichoscopic findings of tinea capitis were the commonest and they included the short, broken hairs 380 (90.5%), the perifollicular scaling 205 (48.8%), followed by Interfollicular scaling 168 (40%) and the trichoscopic black dots 74 (17.6%). The presence of scales/comma hair on trichoscopy (AOR=3, CI=1.43-4.88, p value=0.002), scales/corkscrew hair (AOR=2, CI=1.49-3.54, p value= 0.042) and the presence of scales/zigzag hair on trichoscopy (AOR=4, CI=1.56-10.31, p value= 0.004) were significantly associated with positive dermatophyte culture.

Conclusion: The nonspecific trichoscopic features (broken hairs and scales) were the commonest observed findings among the studied population. The combination of both specific and nonspecific trichoscopic findings would better predict culture positivity in a suspected case of tinea capitis. This might help in making presumptive diagnosis and justify the commencing treatment as early as possible, especially in resource poor settings.

Keywords: trichoscopy, tinea capitis, black African children, comma hairs, corkscrew hairs.

NADS/ABS 021 :

Surgical Management of Nail Disorders

OTROFANOWEIE.

Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos

Corresponding Author: E. Otofanowei

Email: ererey@yahoo.co.uk;

Phone Number: +234 8033263378

*** **

Dermal appendages such as the nails and hair may present with dermatoses solely or as part of a generalized skin disorder. Nail disorders whether infective, inflammatory, immunologic, or traumatic in origin; may affect any of the nail apparatus from the hyponychium, nail bed, matrix, nail folds, and so on. The extra cornified nail plate often renders topical medicament ineffective or at best, a delayed response is seen. Surgical management of nail disorders may be diagnostic or therapeutic. The objective of this session is to review indications for and procedures in surgical management of nail disorders which the dermatologists can offer patients.

Keywords: Dermal appendages, nail disorders, surgical management

NADS/ABS 023 :

Surgical Management of Acne and Hidradenitis Suppurativa

A. S. Alkali

Corresponding Author: A. S. Alkali

Email: sadiqalkali@hotmail.com;

Phone Number: +447904484772

*** **

Both acne and hidradenitis suppurativa are very common dermatological conditions that we see in our daily practice. The two conditions can have a negative impact on patient's quality of life.

In this talk I would be discussing the surgical management of acne and hidradenitis suppurativa that can be performed by a dermatologist in an office-based practice.

Keywords: Acne, Hidradenitis suppurativa, surgical management

NADS/ABS 024 :

Procedural Dermatology in LUTH: The Need to Increase the Spectrum of Dermatoses Treated with Electrocautery

Otrofanowei E,¹ Ikebudu AV,² Akinkugbe AO,¹ Ayanlowo OO¹

¹Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos/ Lagos University Teaching Hospital (LUTH)

²Department of Medicine, Lagos University Teaching Hospital

Corresponding Author: Otofanowei E

Email: ererey@yahoo.co.uk;
Phone Number: +234 8033263378

*** **

Introduction: Adjunctive management of dermatoses often include minor surgical procedures such as Electrocautery. This study looked at the spectrum of dermatoses treated with electrocautery at LUTH Skin clinic. The objective/aim of this study was to describe the spectrum of dermatoses requiring electrocautery at the LUTH Dermatology clinic.

Method: This is a retrospective descriptive study. Records from the procedure clinic between January 2019 and April 2021 were retrieved. Details of the patients scheduled to have electrocautery were perused. Data extracted include patients' demographics, clinical diagnosis, treatment plan and histological diagnosis where indicated. Data was analysed using SPSS version 22.

Results: Fifty-nine patients underwent electrocautery during the period of study. There were males were 54% (32). The age range was between 2-71 years, with a mean age of 50 years, while forty-six of these patients were less than 50 years (72.9%). The main clinical diagnosis was verruca vulgaris; with the majority being genital (80%). Dermatitis papulosa nigra / Seborrheic keratosis and Acrochordons were next in common indications at 18.6% and 6.8% respectively.

Conclusion: Electrocautery is a commonly employed tool for procedural dermatology. Though it can be used as definitive therapy for a wide range of dermatoses, our report shows the main indication was genital warts. This study highlights the utility of electrocautery; while drawing attention to the most common indication for electrocautery observed.

Keywords: Electrocautery, procedural dermatology, LUTH, Warts

Corresponding Author: Ehiaghe L Anaba
Email: ehianaba@yahoo.com;
Phone Number: +234 8030495911

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Background: The risk factors for adult female acne (AFA) and their influence on severity are unclear. The aim of this study was to document the role of diet, body mass index (BMI), premenstrual flare, and family history of acne as risk factors and cause of severity of AFA.

Methods: This was a prospective, cross-sectional, case-control study of 112 women aged 25 years. The women were clinically evaluated. Sociodemographic data (age, family history of acne, premenstrual flare, weight, and height) and dietary habits were documented. Age, weight, height, and dietary habits of controls were also documented. Data were analyzed using SPSS, version 22.

Results: The mean age of the 56 patients with AFA was 33.4 ± 8.2 years (controls: 24.5 ± 4.4 years). Premenstrual flare of acne was noted in 58.9% of patients, a family history of acne was present in 51.8% of patients, and the mean BMI was 25.2 ± 4.9 (32.1%). A risk factor for AFA was a family history of acne ($p = 0.001$). Dietary habits (chicken, $p = 0.457$; beef, $p = 0.845$; cakes and sweets, $p = 0.956$; starchy food, $p = 0.361$; and type of milk, $p = 0.919$) and BMI ($p = 0.486$) were not risk factors for AFA. Premenstrual flare ($p = 0.178$), BMI ($p = 0.206$), family history of acne ($p = 0.592$), and diet did not contribute to the severity of AFA.

Conclusion: Diet and BMI are not risk factors for AFA, but a family history of acne is. Severity of AFA is independent of premenstrual flares, diet, BMI, and a family history of acne.

Keywords: Adult female acne, diet, body mass index, family history

NADS/ABS 029:

Adult Female Acne: A Cross-Sectional Study of Risk Factors and Contributors to Severity

Ehiaghe ANABA MSc, FWACP, FMCP,¹ Itohan R. OAKU¹

Department of Medicine, Lagos State University College of Medicine Medicine/ Lagos State University Teaching Hospital, Lagos, Nigeria, 1-5 Oba Akinjobi Way, Ikeja, Lagos, Nigeria.

NADS/ABS 030:

Idiopathic Scrotal Calcinosis and Infertility: Any Relationship?

Bob Ukonu¹, Zainab Babba

¹Department of Medicine, College of Health Sciences, University of Abuja, Abuja

Corresponding Author: Bob Ukonu

Email: bobify@yahoo.com;

Phone Number: +2348037866885

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Idiopathic scrotal calcinosis is a rare scrotal skin lesion often characterized by multiple calcified intradermal nodules.

We report a case of 39-year-old clergy man with asymptomatic multiple scattered pedunculated calcified scrotal lesions who is being evaluated for primary infertility.

Keywords: Scrotal calcinosis, infertility, intradermal nodules

NADS/ABS 031:

Rare Sighting of Schwannomatosis Presenting as Multiple Subcutaneous Nodules at the University of Uyo Teaching Hospital.

Nga CN,¹ Ighorodje Edesiri¹

¹Dermatology Unit, Department of Internal Medicine, University of Uyo Teaching Hospital, Uyo, Akwa Ibom, Nigeria.

Corresponding Author: Charles Nga

Email: charlesnga2001@yahoo.com;

Phone Number: +2347034824746

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Background: Schwannomas, also known as a neurilemmomas, are well encapsulated, slow growing benign tumors that arise from the peripheral nerve sheaths. It presents in young individuals, although any age group may be affected with no sex predilection. Most are solitary and arise in soft tissues, including the head and neck, and sites such as the cranial or spinal nerve roots and cervical nerves. In most cases, the cause of a schwannoma is unknown, although it has been linked to radiation exposure. Association with neurofibromatosis type 2 (NF2) has been made. Symptoms depend on the site and size of these tumors; larger nodules can cause pain and weakness in the distribution of the affected nerve. Surgery is the treatment of choice. They almost never undergo malignant change.

Case presentation: We present a 28-year-old female who presented at the Dermatology clinic in University of Uyo Teaching Hospital on account of multiple painful nodules and paresthesia on both lower limbs for two years which affected her gait and impaired daily activities. Tinsel sign was positive. An excision biopsy was done and histological examination confirmed the diagnosis of a peripheral nerve sheath tumor likely schwannomatosis. Patient also benefitted

from a neurological and neurosurgical review. Oral tricyclic antidepressants and anticonvulsants were given to relieve her symptoms.

Conclusion: Schwannoma is generally painless but this case depicts the other end of the spectrum where pain dominates. Complete resection should be attempted to improve functional outcome and overall survival and to reduce the risk of tumor recurrence.

Keywords: Schwannomatosis, Multiple Subcutaneous Nodules, paraesthesia

NADS/ABS 032:

Report from the Vaseline Healing Project Nigeria - Dermatology Outreach at Makoko, Lagos, Nigeria

Akinkugbe AO,¹ Otofianowei E,¹ Ayanlowo OO,¹ Anaba EI,² Olufunlayo TF,³ Ogunbiyi AO⁴

¹Department of Medicine, Faculty of Clinical Sciences, College of Medicine, University of Lagos/ Lagos University Teaching Hospital (LUTH)

²Department of Medicine, Lagos State University College of Medicine/ Lagos State University Teaching Hospital, Lagos, Nigeria, 1-5 Oba Akinjobi Way, Ikeja, Lagos, Nigeria.

³Dept. of Medicine, University College Hospital, Ibadan.

Corresponding Author: Ayesha Akinkugbe

Email: ahseya68@yahoo.com;

Phone Number: +2348029626425

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Introduction: Problems involving the skin are commonly found in the community. Many of these skin disorders are preventable and easily treatable. Infections remain the major skin disease in many communities in Nigeria where basic infrastructure and amenities are lacking; and access to specialist care, including dermatologists is limited.

Methodology: This was a community dermatology outreach carried out at Makoko PHC for residents with a skin, hair or nail complaint. All residents who came were consecutively seen and examined.

Results: A total of 407 individuals registered comprising 52.1% (212) adults (16 years and >) and 47.9% (195) were children aged 15 years and below. Mean age of adults was 35.75 ± 14.55 years and mean age for children was 5.95 ± 4.35 years. There were more females (60.20 %; 245) than males. Main conditions seen were: Infections 248 (60.95 %); Eczema 50 (12.29 %); Pruritus 44 (10.81 %) and other

skin conditions 65 (15.95 %). Infections comprised mainly of Fungal infections (59.13%; 194) and Parasitic infections (34.53%; 87). Scabies was the main parasitic infection found in 87 persons (34.53%). Treatment was administered to 86.98% (354); while 45.95% were given prescriptions

Conclusion: Most of the skin diseases seen are related to overcrowding and poor hygiene. The spectrum of skin disorders suggests there is a need to improve the general level of care and particularly, skin care. Establishing common skin conditions among the community can assist in health planning for that particular area as well as provide a focus for the teaching of the healthcare staff.

Keywords: community dermatology, skin infections, scabies, fungal infections

NADS/ABS 033:

Health-Related Quality of Life in Acne Vulgaris Patients

Ihsan Jibril¹, OA Falodun¹, L Sabir¹

¹National Hospital Abuja

Corresponding Author: Ihsan Jibril

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Background: The negative impact of acne vulgaris on health-related quality of life (HRQL) has been found to be significant in many studies of adults and adolescents with acne vulgaris. Although there are many studies on the relationship between HRQL and acne vulgaris, most Nigerian publications were community-based studies. This clinic-based study will enable dermatologists in Nigeria better understand and manage quality of life concerns of acne vulgaris patients seen in the clinic.

Objective: This study aimed to explore the HRQL in patients with acne vulgaris.

Methodology: This is a hospital-based cross-sectional study. The participants were eighty-three (83) patients with acne vulgaris attending Dermatology Clinic of National Hospital Abuja. Severity of acne vulgaris was graded using the Global Acne Scoring System (GAGS). Health-related quality of life (HRQL) was assessed using the Cardiff Acne Disability Index (CADI) questionnaire. Data was analysed using STATA SE 13.1

Results: The study comprised of 83 acne vulgaris. Out of these, 73.49% were female and the commonest age

group was 19-25 years (34.94%). Among acne vulgaris patients, 36.14% had mild acne vulgaris, 54.22% had moderate acne vulgaris and 9.64% had severe acne vulgaris.

Using the CADI questionnaire, 57.32% had low impairment of HRQL, 39.02% had medium impairment of HRQL and 3.66% had high impairment of HRQL. The overall CADI score was 5.10 ± 3.02 , which suggests medium impairment of health-related quality of life. There was a significant positive correlation between HRQL and acne vulgaris severity ($r=0.541$, $p<0.001$).

Conclusion: The overall impact of HRQL on the subjects of this study was moderate, although it was highly correlated with severity of acne vulgaris.

Keywords: acne vulgaris, health related quality of life, Cardiff Acne Disability Index

NADS/ABS 034:

Delusional Parasitosis - A Case Report

Dieprebi A. Aladeh,¹ Dasetima D. Altraide,¹ Bolaji Otiike-Odibi,¹ Belema Abbey¹

¹Dermatology Unit, Department of Internal Medicine, University of Port-Harcourt Teaching Hospital, Rivers State, Nigeria

Corresponding Author: Dieprebi A. Aladeh

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Background: Delusional parasitosis is a rare psychiatric disorder in which patients erroneously believe that they are infested with parasites. It is a form of monosymptomatic hypochondriacal psychosis (MHP) and all skin findings are secondary to skin manipulation by the patient. Patients present to the consulting room with items they believe are infested with the parasites (Matchbox sign). Occasionally, the close contacts of the patient may also believe these delusions, a phenomenon known as "Folie a deux".

Case report: A 50-year-old lady referred to the Dermatology clinic on account of rashes on her back and gluteal region as well as biting sensation for 5 months. She attributed the rash to insects that crawl on her body weeks after a bat pooped on her head while cleaning her old house. Patient presented with proof of infestation in a drug envelope (Matchbox sign). The patient shares a room with her daughter who does not have similar symptoms but believes the delusions (Folie a deux). There is no visual or auditory

hallucination and no hx of mental illness or illicit drug use. Skin examination revealed sparse irregularly shaped shallow ulcers and excoriations on the upper and lower back and gluteal cleft. She was co-managed with the psychiatrist and treatment modalities included psychotherapy, antipsychotics, anxiolytics, topical antibiotics, topical steroids and emollients.

Conclusion: Delusional parasitosis is often misdiagnosed and requires a high index of suspicion. Co management with the psychiatrists is necessary and brings about a desirable outcome.

Keywords: Delusional parasitosis, Infested, Matchbox sign.

NADS/ABS 035:

Inflammatory Skin Disorders among Human Immunodeficiency Virus Infected Children

Yahya Aishatu M

Yusuf Maitama Sule University Kano, Nigeria.

Corresponding Author: Yahya Aishatu M

Email: aishayahya35@yahoo.com;

Phone Number: +2348035054507

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Introduction: Human immunodeficiency virus (HIV) infection has been linked to a variety of inflammatory dermatoses. These may appear in a variety of ways, including the normal ones as well as atypical ones. The inflammatory skin conditions greatly affect the quality of life of children and their families.

Method: Analytical cross-sectional study was conducted to determine the prevalence and clinical presentation of inflammatory skin disorders among HIV infected children. A total of 223 HIV infected children were recruited using systematic sampling method and equal number of non-HIV infected children were selected consecutively as comparison group. Semi-structured questionnaires were used to collect data and participants were examined. Ethical clearance as well as consent/assent was obtained and confidentiality was assured.

Data from the questionnaire was entered into a statistical package for the social sciences version 24. The data was used to generate frequency tables and charts.

Results: Inflammatory skin disorders constitute 20.6% of the total number of skin disorders seen among the HIV infected children and 5.8% among the

controls. Most of the skin disorders present in the usual way among both cases and controls and more common among those with severe and moderate immunosuppression.

Conclusion: Inflammatory skin disorders are common among HIV infected children especially those with severe and moderate immuno- suppression and mostly present in a normal way. Early diagnosis will improve management of these children.

Keywords: Human immunodeficiency virus, children, inflammatory skin disorders

NADS/ABS 036:

A Sporadic Case of Darier's Disease

USMAN V. Ojone,¹ ALTRAIDE Desetima,¹ OTIKE-ODIBI Bolaji,¹ ABBEY Belema¹

¹Dermatology Unit, Department of Medicine University of Port Harcourt, Rivers State, Nigeria.

Corresponding Author: Usman V. Ojone

Email: ojoneakpa@gmail.com

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Background: Darier's disease, an autosomal-dominant which is due to loss of function mutations in ATP2A2 gene encoding, sarco/endoplasmic reticulum calcium adenosine triphosphate isoform 2 (SERCA 2), that impair intracellular Ca²⁺ signaling is most often hereditary.

Case report: This case reports a 27-year-old female who presented in February of 2021 with a 19-year history of recurrent keratotic, pruritic, papular rashes that are malodorous. They were located on her face, neck, trunk, axilla, groin, soles of her feet and scalp. She also complained of pruritus aggravated by heat, sunlight and sweating. She has no family history of Darier's disease nor a history of similar skin lesions. Physical examination revealed multiple skin-coloured, hyperpigmented hyperkeratotic papules, coalescing into plaques on the anterior and posterior trunk and crusted plaques on her scalp. There were no nail changes or mucosa involvement.

Skin biopsy resulted in histologic findings consistent with Darier's disease. She was commenced on topical tretinoin, sunscreen and oral doxycycline. Patient was also counselled on other sun protective measures. She was subsequently placed on 20mg daily oral retinoids as minimal clinical improvement was seen after 6 months on topical therapy following adequate counselling and contraceptive advice. A month after

the commencement of oral isotretinoin, patient had significant improvement of skin lesions.

Conclusion: Darier's disease can present as a sporadic case with no family history. It can be confused with disorders such as seborrheic dermatitis and requires a high index of suspicion for histopathological diagnosis to be carried out. A good treatment outcome can be gotten if appropriate treatment is commenced.

Keywords: Darier's disease, sporadic, retinoids.

NADS/ABS 037:

Scalp Psoriasis with Tinea Favosa Infection or Favus Psoriasiformis (A Diagnostic Challenge)- Case Report

Dieprebi A. Aladeh,¹Dasetima D. Altraide,¹ Bolaji Otiike-Odibi,¹ Belema Abbey¹

¹Dermatology Unit, Department of Internal Medicine, University of Port-Harcourt Teaching Hospital, Alakahia, Rivers State, Nigeria

Corresponding Author: Dieprebi A. Aladeh

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Background: Scalp psoriasis and Tinea favosa are both conditions affecting the scalp and may present alike. Scalp psoriasis affects about 50% of patients with psoriasis and is characterized by thickened plaques with silver-white scale, either contained within the hairline, or extending beyond it. Tinea favosa is caused by the dermatophyte fungus *Trichophyton schoenleinii* in 95% of cases and is typically characterized by scutula (cream coloured to yellow saucer-shaped crusts) around hair follicles and eventual alopecia. Favus psoriasiformis is a psoriasis-imitating favus and may be confused with psoriasis with superimposed dermatophytic infection.

Case report: A 15-year-old female secondary school student was seen in the dermatology clinic with thick scaly crusted rash on her scalp for 6 months. Patient had intense itching of the scalp and bleeding when scratched. There was no hair loss and no nail changes. Examination revealed thick cream coloured crusted scaly and adherent lesion on her scalp with an unpleasant smell. Fungal microscopy and culture of skin scrapings were significant for trichophyton. Scalp biopsy for histopathological examination revealed psoriasiform dermatitis. Patient was placed on systemic and topical antifungals, tar preparations and topical corticosteroids and salicylic acid with some

improvement.

Conclusion: Scalp disorders can coexist or present alike. This can be a diagnostic challenge; however, a good history and a high index of suspicion is needed to overcome this.

Keywords: Scalp psoriasis, Tinea favosa, *T. schoenleinii*, scutula

NADS/ABS 038:

Acquired Idiopathic Generalized Anhidrosis Presenting with Cholinergic Urticaria in a Young Nigerian Male-Two Sides of a Coin?

ANAJE CC MBBS, FMCP,¹ EZEJIOFOR OI MBBS, FMCP,¹ ENECHUKWU NA MBBS, FMCP,¹ OKPALA CI²

¹Department of Internal Medicine, Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State, Nigeria

²Dermatology Unit, Department of Internal Medicine, Faculty of Medicine, College of Health Sciences, Nnamdi Azikiwe University, Nnewi Campus, Anambra State, Nigeria.

Corresponding Author: ANAJE CC

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Background: Acquired idiopathic generalized anhidrosis (AIGA) is a rare acquired functional disorder of the sweat glands of uncertain aetiology characterized by anhidrosis despite exposure to heat or exercise. It has been mostly reported among the Japanese and is assumed to be associated with sudomotor neuropathy, Idiopathic pure sudomotor failure and sweat gland failure. It often occurs in association with cholinergic urticaria (CU), pain or paraesthesia. AIGA may go undetected as patients often present with CU as the most prominent symptom. A high index of suspicion and awareness of this association will aid in the early detection and appropriate management of this condition.

Case Report: A 19-year-old male student presented with evanescent rashes which was triggered by exercise and moderate activities. On further probing, he admitted to also having episodes of extreme hot sensations, palpitation, dizziness and absence of sweating during exercises. Skin biopsy showed normal morphology of skin appendages including the sweat glands. Iodine starch test showed anhidrosis of the rest of the body and hypohidrosis of the neck and face.

Following therapy with pulse IV Methylprednisolone, there was marked improvement in his symptoms and resolution of CU.

Conclusion: Patients with cholinergic urticaria should also be evaluated for AIGA to facilitate early diagnosis and institution of appropriate therapy.

Keywords: Acquired idiopathic generalized anhidrosis, cholinergic urticarial, sweat glands

NADS/ABS 039:

CASE SERIES ON ERYTHRODERMA.

Enu T, D. Altraide, B. Otiike-odibi, B. Abbey

Dermatology Unit, Department of Internal Medicine, University of Port Harcourt Teaching Hospital Port Harcourt.

Corresponding Author: Enu T

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Background: Erythroderma is generalized redness and scaling involving 90% or more of the skin caused by preexisting dermatoses, drugs, malignancy or unknown factors.

Case Series: Here are 2 cases of erythroderma in men who are in their sixties.

Case one is a 63year old retired civil engineer presenting with a 2-month history of rash on the head, hands, and feet which became generalized with scaling. He had a background history of atopic dermatitis and previously been treated for tinea incognito. Skin biopsy findings confirmed psoriasis.

Case 2 is a 65year old mechanic presenting with generalized scaling of 3 weeks following the use of Bortezomib for treatment of suspected multiple myeloma at a peripheral hospital. He had no previous history of dermatologic condition. They were both admitted made significant improvement with commencement of appropriate treatment following confirmation of the cause of erythroderma.

Conclusion: The course of erythroderma is gradual if it results from generalized spread of a primary skin disease or rapid if it is secondary to drugs. Prognosis depends largely on appropriate diagnosis and treatment of the underlying aetiology.

Keywords: erythroderma, preexisting dermatoses (psoriasis, atopic dermatitis), drugs (bortezomib)

NADS/ABS 040:

Covid-19 Acro-Ischemia with Meningococemia: The Diagnostic Conundrum

Usman A., Orugun M., Abayomi S., Ilori O., Sayomi O., Oiwoh S.O., Akinboro A.O

Dermatology and Venereology unit, Department of Internal Medicine, Irrua Specialist Teaching Hospital Irrua, Edo state.

Dermatology and Venereology division, Department of Medicine, Ladoke Akintola University of Technology (LAUTECH) Ogbomoso, Oyo state.

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Introduction: COVID-19 pandemic has ravaged the world and has brought about the best use of the repertoire of knowledge of experts but this is not without the confusion and diagnostic conundrum associated. Skin involvement, over time, has aided diagnosis as well as severity and prognosis of COVID-19.

Case Presentation: Eleven (11) year old male boarding student admitted with fever, headache, generalized body pain and passage of dark brown urine. Progressively spreading rash started on the fifth day. No previous history of drug reaction. Contact with persons infected with COVID 19 was not known. Skin examination showed multiple hyperpigmented necrotic patches and plaques on the trunk, lower limbs, gluteal region as well as some flaccid bullae alongside erythema on the legs. There was dry gangrene of the distal phalanx of the right second toe. Dorsalis pedis was felt bilaterally.

Pertinent examination showed drowsiness, restlessness, fever, tachycardia, tachypnea with blood pressure of 79/56mmHg. He had leukocytosis with blood culture yielded gram negative diplococci sensitive to ceftazidime and CSF showed high protein. COVID-19 test returned positive. Patient was managed for Meningococemia with Pseudochillain of SARS-CoV2 infection and placed on antibiotics, appropriate fluid and electrolyte corrections, wound dressing and careful debridement of necrotic skin, immuneboosters. He was discharged home after 23 days on admission with outpatient follow up.

Keywords: Acro-ischemia, COVID-19, Meningococemia

NADS/ABS 041:

Trichoscopy in the Evaluation of Scalp Pruritus

Nduaguba T,¹ Enechukwu NA,¹ Ezejiofor OI,¹ Anaje CC,¹ Okpala CI²

¹Department of Internal Medicine, Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State, Nigeria

²Dermatology Unit, Department of Internal Medicine, Faculty of Medicine, College of Health Sciences, Nnamdi Azikiwe University, Nnewi Campus, Anambra State, Nigeria.

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Background: Scalp pruritus may be localized or part of a systemic disease. Common causes include seborrheic dermatitis (SD) and pediculosis capitis. Diagnosis is often challenging due to myriads of possible aetiology, difficulty in visualizing nits or lice morphology to determine active lice infestation, scales or identifying pseudonits such as hair casts with the unaided eye. We present 4 cases where trichoscopy aided diagnosis and monitoring of therapeutic response to therapy.

CASE 1: A 23-year-old female with persistent scalp pruritus. She had used permethrin after her hair dresser noticed live lice on her scalp. Trichoscopy showed yellowish perifollicular scales, no lice and an empty nit. She was managed for seborrheic dermatitis.

CASE 2: A 29-year-old female with scalp pruritus. Trichoscopy showed live lice with viable nits. Repeat trichoscopy after 2 weeks of treatment with Permethrin showed no lice or nits.

CASE 3: A 30-year-old female with scalp pruritus. She had used a mixture of Camphor and kerosene on her scalp for the elimination of lice. Trichoscopy showed dead lice and active nits. She had a relapse thereafter which was successfully treated with permethrin.

CASE 4: A 26-year-old female with scalp itch. Trichoscopy revealed hair casts and erythema from chemical injury following application of hair relaxers.

CONCLUSION: Trichoscopy is an important non-invasive tool in the evaluation of scalp pruritus with the aim of confidently establishing a diagnosis and ascertaining response to therapies.

NADS/ABS 042:

Congenital Ichthyosis and Juvenile Pityriasis Rubra Pilaris: A Unique And Challenging Combination in a Nigerian Child

Ikebudu Adaeze,¹ Akinkugbe Ayesha,¹ Ayanlowo Olusola,¹ Otrofanowei Erere¹

¹Department of Internal Medicine, Dermatology & Venereology unit, Lagos University Teaching Hospital, Lagos Nigeria.

Corresponding Author: Ikebudu Adaeze

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Introduction: Ichthyosis is an uncommon group of skin diseases characterized by the presence of excessive amounts of dry surface scales. Pityriasis rubra pilaris is a chronic papulosquamous disorder of unknown etiology characterized by reddish orange scaly plaques, palmoplantar keratoderma, keratotic follicular papules with some islands of sparing. Both are uncommon and can present as erythroderma.

Case presentation: The index patient is a 7-year-old boy with a 3-year history of an itchy scaly rash which started on the face and became generalized. The hands and feet were affected and this made walking and touching painful and difficult.

He had widespread generalized erythrodermic scaly plaques, hyperkeratotic and fissured palms and soles, ichthyosiform skin with islands of sparing especially at the lower limbs. Face and scalp had scaly plaques with background erythema; his scalp hair was sparse and he had no eyebrow hair.

Histology revealed epidermal acanthosis with short and thick rete ridges, thick supra-papillary plates, well developed granular layer and hyperkeratosis; few perivascular lymphocytic infiltrates, no micro-abscesses, few hair follicles with no keratotic plug or perifollicular parakeratosis. Features were consistent with ichthyosis and pityriasis rubra pilaris.

He was given topical therapy (emollients, hyperkeratotic agents) and Tabs Methotrexate 5mg weekly with folic acid 5mg daily. He has made marginal improvement.

CONCLUSION: Congenital ichthyosis and pityriasis rubra pilaris pose challenges in management in terms of counseling, treatment options, prognosis and outcome. There are few reported cases of a concurrence of both diseases.

Keywords: Ichthyosis, Pityriasis rubra pilaris, Acanthosis, Parakeratosis.

NADS/ABS 043 :

First Reported Case of Acral Speckled Hypomelanosis in Africa

Auwal ST,¹ Shehu MY,¹ Abdullahi A²

¹Dermatology Unit, Dept of Internal Medicine, AKTH, Kano

²Dept of Histopathology, AKTH, Kano

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Acral speckled hypomelanosis is a rare skin dermatosis of unknown aetiology. It is considered to be a new variant of reticulate acropigmentation. Only six cases have so far been reported in the literature worldwide, none in Africa. This is the first ever reported case of acral speckled hypomelanosis seen in our centre.

NADS/ABS 044 :

Ethnic Variation in Scalp Hair Density among the Three Major Nigerian Ethnic Groups in Ibadan

Ayobami Chioma Egbu, Ogunbiyi A

Department of Medicine, University College Hospital, Ibadan.

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Background: There is limited data on scalp hair density among Nigerians and reports about variation in hair density across the ethnic groups in Nigeria has been anecdotal.

Aim: The aim was to determine the scalp hair density among individuals of the three major ethnic groups (Hausa, Igbo and Yoruba) in Nigeria.

Methods: Healthy individuals whose hair examination findings were normal were examined. Six hundred and sixty participants; with age ranging from 18-35 years and with two hundred and twenty participants representing each ethnic group, were recruited into the study. Individuals self-identified their ethnicity, with both biologic parents and grandparents from the same ethnic origin. Digital images were obtained in three regions of the scalp and analyzed by the TrichoScan. The average hair density was determined and reported for each ethnic group.

Results: The hair densities mean $\pm$ SD in the Hausa,

Igbo and Yoruba ethnic groups were $281.49 \pm 56.16/\text{cm}^2$, $297.62 \pm 63.96/\text{cm}^2$ and $274.44 \pm 56.54/\text{cm}^2$ respectively. There was a statistically significant difference in the hair density in the Igbo ethnic group when compared to any of the two other ethnic groups (Hausa and Yoruba).

Conclusion: Hair density varied with ethnicity, with the Igbo ethnic group having a higher hair density when compared to the Hausa and Yoruba ethnic groups.

Keywords: Trichoscopy, Hair density, Ethnicity, Nigeria.

NADS/ABS 045 :

Extensive Genito-Anal Hidradenitis Suppurativa Presenting in a Male Patient in Uyo

Nga CN,¹ Ighorodje Edesiri¹

¹Dermatology Unit, Department of Internal Medicine, University of Uyo Teaching Hospital Uyo Akwa Ibom, Nigeria.

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Background: Hidradenitis suppurativa (HS), also known as Verneuil's disease or acne inversa, is a chronic, recurrent painful debilitating inflammatory disease affecting the skin bearing apocrine glands, typically characterized by abscesses and nodules that can eventually progress to interconnected sinus tracts, scarring, and contractures. Presentation in males is quite uncommon (female:male = 2-5:1) but clinically have severe disease compared to females. This condition is this far rare in Nigeria has only two cases were reported in Ebonyi over a 14year period. Hidradenitis suppurativa has a major impact on patient quality of life. The accompanying pain and scarring are a significant cause of distress with accompanying odor, which are embarrassing and humiliating. As a result, patients experience social isolation and depression

Case presentation: We report a case of 38-year-old male who was admitted on account of recurrent skin bumps of two months' duration and a diagnosis of extensive genito-anal and axillary HS (Hurley stage III) with pseudofolliculitis barbae was made. Other components of the follicular occlusion triad were absent. Treatment were centered on daily wound dressing, intensive antibiotic administration and surgical review.

Conclusion: The typical distribution remained apparent in the index patient; however, the atypical morphology of the lesions posed a diagnostic challenge. Contributory factors to this conundrum were the low prevalence cum poor publication of this condition in our Nigerian setting depicting their range of presentation amongst our patients. Nevertheless, our high index of suspicion and histopathological results erased our confusion

Keywords: Hidradenitis suppurativa, follicular occlusion triad, apocrine glands

NADS/ABS 046:

Patch Test: Utility for Dermatologists in a Resource Limited Setting

Otrofanowei E,¹ Ezeanyaeche OP,¹ Akinkugbe AO,¹ Ayanlowo OO¹

¹Department of Internal Medicine, Dermatology & Venereology unit, Lagos University Teaching Hospital, Lagos Nigeria.

Corresponding Author: Ezeanyaeche OP

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Introduction: Patch testing is used globally in the diagnosis of allergic contact dermatitis (ACD). Already established standardised series are employed in patch testing. Its availability and affordability in Nigeria preclude determination of allergens in the diagnosis and management of ACD.

Objective: To report our experience with patch testing, delineate common allergens, review indications for patch test (PT) requests and the patch responses.

Methods: This is a retrospective descriptive study of patch responses from ACD patients who carried out PT between Jan 2019 and April 2021 at the Dermatology clinic, LUTH. All those with inconclusive PT reports were excluded. Positive allergens, strength and clinical relevance were noted.

Results: Patch responses of twenty-eight patients were reviewed. Methyl dibromoglutinitrile (MDBG) was the most common allergen identified, followed by p-Phenylenediamine base, cobalt chloride, nickel sulphate, paraben mix, formaldehyde and tixocorticol-21-pivalate. More than half of the PT results were clinically relevant to the diagnosis.

Conclusion: The utility of PT in investigating and diagnosing allergic contact dermatitis is well known.

Despite decreased awareness and availability, as well as affordability of PT in our resource poor setting; it remains useful and relevant. Training for PT is important to accurately carry out the procedure and interpret the findings.

Keywords: Patch tests, Contact dermatitis, allergic contact dermatitis, allergens

NADS/ABS 047:

Efficacy and Safety of Chemical Peels in African Skin- A Review Of 100 Patients at a Private Aesthetic Clinic in Lagos, Nigeria.

Otrofanowei E,¹ Abajue I²

¹Department of Internal Medicine, Dermatology & Venereology unit, Lagos University Teaching Hospital, Lagos Nigeria.

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Introduction: Chemical peeling has gained popularity over the last decade in the black population. It is mostly offered as an adjunct in the management of acne, melasma or other dyschromias. The procedure is sometimes regarded as unsafe, and a few older clinicians do not offer this to patients who require and request for it. The disadvantage of this is that the patients will go to less qualified personnel to receive this service and return to the clinician with side effects. The aim of this study is to demonstrate the efficacy and safety of chemical peels in a cohort of black patients seen at a private skin care facility.

Methods: Records of 100 patients seen in 2020 were obtained from the electronic medical records of the clinic. Details on patients' demographics, clinical indication, skin priming and type of peel used were extracted onto a spreadsheet and analysed.

Results: Of 100 patients reviewed, there were mostly females with a F: M ratio of 88:12. The age range was between 19 and 47 years and 40% was aged between 20-29 years while 29% were 30-39 years of age. Post Inflammatory hyperpigmentation was the most common indication in 67% of cohorts, followed by acne -either singly or in combination with PIH and acne scars in 56%. Average duration of skin priming was between 3-4 weeks and a combination propriety peel was used in majority (95%) of the patients.

Conclusion: The use of chemical peels as adjuvant therapy in the management of acne and post inflammatory hyperpigmentation in Black skin is safe

and effective. Adequate skin priming and knowledge of the right peeling agent improves the outcome and minimises adverse effects.

Keywords: Chemical peels, Black skin, Acne, PIH

NADS/ABS 048 :

Influence of Diabetes Mellitus on the Course and Management of Lichen Planus - A Case Series

Otrofanowei E., Mahmood K., Akinkugbe AO, Ayanlowo OO

Department of Internal Medicine, Dermatology & Venereology unit, Lagos University Teaching Hospital, Lagos Nigeria.

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Introduction: The association between diabetes mellitus (DM) and oral Lichen planus (OLP) has been well studied, but the relationship between DM and generalised LP (GLP) is not fully established. The role of inflammatory cytokines in the pathogenesis of LP and poor glycaemic control is implicated. Management of Generalised Lichen planus (GLP) in patients with T2DM is challenging. This case series documents the influence of T2DM on the course and management of GLP.

Case Summaries: Three cases with coexisting Generalised LP and T2DM are discussed. All three were females aged between 39 and 75 years who had been diagnosed with T2DM some years before clinical features of GLP manifested. Skin biopsies confirmed the diagnoses with histopathology analysis. Recurrent flares of GLP and poor glycaemic control despite good drug adherence including Insulin therapy was experienced by all patients.

Conclusion: Management of LP in patients with DM is challenging. The unsuitability of systemic corticosteroid use in DM patients makes management of LP difficult. The roles of inflammatory cytokines in LP pathogenesis and poor glycemic control pose a dilemma for both the dermatologist and endocrinologist. A collaborative approach will yield a better outcome and generate research opportunities.

Keywords: Generalised Lichen Planus, Diabetes Mellitus, Case series; glycaemic control

NADS/ABS 049 :

The Role of Dermoscopy in the Evaluation of Individuals with Oculocutaneous Albinism: The End Advanced Skin Cancer Scourge in Albinos Project (EASCAP)

Enechukwu NA,¹ Ezejiolori OI,¹ Okpala CI,² Anaje CC,¹ Ozoh GA,¹ Nwankwo U,¹ Obidike AB,¹ Chukwuanukwu T,¹ Lallas A¹

¹Department of Internal Medicine, Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State, Nigeria

²Dermatology Unit, Department of Internal Medicine, Faculty of Medicine, College of Health Sciences, Nnamdi Azikiwe University, Nnewi Campus, Anambra State, Nigeria.

Corresponding Author: Nkechi A ENECHUKWU

Email: na.enechukwu@unizik.edu.ng;

Phone Number: +234 8061315182

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BACKGROUND: Dermoscopy is a non-invasive procedure that allows in vivo evaluation of colors and microstructures of the epidermis, dermoepidermal junction and papillary dermis not visible to the naked eyes. It was initially used to make distinctions between benign pigmented lesions and melanoma through pattern recognition and the presence or absence of defined features. Currently, it is used in the diagnosis of most dermatoses.

Oculocutaneous albinism (OCA) is an inherited disorder of pigmentation characterized by increased risk of photodermatoses including skin cancers due to a defect in melanin biosynthesis. Most albinos in our environment present with advanced skin cancers with considerable morbidity and mortality as early lesions may mimic benign dermatoses and are often missed. Dermoscopic features of skin cancers are well established and can aid early diagnosis of these lesions. Additionally, dermoscopy guided biopsies represents aid in ascertaining the extent of lesions. Lesional and perilesional areas can also be monitored for recurrence or new malignancies.

METHODOLOGY: About 150 albinos are expected to be evaluated within a 1-year period. Dermoscopic pictures are taken from premalignant and malignant skin lesions. Suspicious lesions are excised and sent for histology.

RESULTS: Currently, 30 albinos have been evaluated with about 52 surgical excisions done. More than 3000 dermoscopic pictures collected is used to teach albinos

the effect of sun exposure and the concept of field cancerization.

CONCLUSION: Dermoscopy is useful in the early detection of premalignant and malignant lesions and therefore valuable in reducing the occurrence of advanced skin cancers in OCA.

Keywords: Dermoscopy, oculocutaneous albinism, disorder of pigmentation, premalignant and malignant lesions

NADS/ABS 050 :

Skin Abnormalities in Albinos in Kaduna – North Western Nigeria

Sani H¹, Yahya H¹

¹Dermatology Unit, Department of Medicine. Barau Dikko Teaching Hospital/Kaduna State University. Nigeria

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Background: Albinism is an autosomal recessive disorder characterized by the complete or partial absence of melanin in the skin, hair and eyes. Nigeria has one of the highest numbers of albinos in the world with over two million living in the country. Albinism is associated with several skin abnormalities such as solar lentigenes, solar elastosis, actinic keratosis, yellowish brown hair and high incidence of skin cancers among others. In Nigeria, there are few studies on skin abnormalities in albinos, more so in the north, where albinism is much less common than in the south.

Aims and objectives: This study is aimed at identifying the skin abnormalities among albinos.

Materials and Methods: This was a cross sectional study conducted during the 2019 world Albinism day on the 5th of May in Kaduna –North western Nigeria. Sensitization was carried out through the dermatology clinic and the mass media for all those who have albinism to report to the Barau Dikko Teaching Hospital Kaduna. Public lectures on the cause, management and precautions that albinos need to take were delivered prior to the screening. Fifty Albinos who were in attendance were recruited for the study. Records of the patients' age, gender, use of sun screen and family history of Albinism were noted. An evaluation of the skin lesions was made clinically. Data was analyzed using IBM SPSS 21.

Results: The mean age of the respondents was 22.4 years (SD=16.5), 39 (78%) had skin lesions. 29 (58 %)

were males. The most common skin lesions were solar lentigens (freckles), solar elastosis and actinic keratosis. One person (2%) had squamous cell carcinoma of the left ear and a case of congenital ectropion was observed. About 35 (70%) had a family history of albinism. Only 10 (20%) used sunscreen consistently and correctly.

Conclusion: As our study shows sun-related skin disease is common in albinos in Kaduna, the importance of skin monitoring and protection cannot be over emphasized in these groups of individuals

Keywords: Skin changes, Albinos, sun damage, cutaneous malignancy.

NADS/ABS 051 :

Clinicopathological Correlates of Acquired Pigmentary Disorders

Ehiaghe L ANABA MSc, FWACP, FMCP

Corresponding Author: Ehiaghe L Anaba

Email: ehianaba@yahoo.com;

Phone Number: +234 8030495911

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Pigmentary disorders can occur either at birth or after birth. Disorders occurring after birth are referred to as acquired. Acquired pigmentary disorders are varied and are of diverse aetiologies. There are two types of acquired pigmentary disorders; hypopigmentary and hyperpigmentary. Histopathology is crucial in the evaluation of these disorders. Idiopathic guttate hypomelanosis, vitiligo and Pityriasis alba will be discussed as examples of acquired hypopigmentary disorders. Melasma, acanthosis nigricans and fixed drug with post inflammatory hyperpigmentation as examples of acquired hyperpigmentary disorders.

Keywords: Acquired pigmentary disorders, hypopigmentary, hyperpigmentary

NADS/ABS 052 :

Quality of Life in Black Africans Patients with Vitiligo Using Disease-Specific Vitiligo Quality of Life Index (VITIQL)

Abdullahi Umar,¹ Tahir Turaki Mohammed,¹ Bolanle OP Musa²

¹Dermatology unit, Department of medicine Ahmadu Bello University Zaria, Nigeria.

²Immunology unit, Department of medicine Ahmadu Bello University Zaria, Nigeria.

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Background: Vitiligo is an acquired pigmentary disorder of the skin and mucous membranes which manifests as white macules and patches due to selective loss of melanocytes. This condition can affect the patients' psychology, leading to an impairment of quality of life. Recently, much attention is been given to the emotional and psychological issues in the affected subjects.

Aim of the study: This was to assess the quality of life impairment among Nigerian patients with vitiligo using a disease-specific quality of life index questionnaire (VitiQoL).

Methods: Seventy-seven adults aged 18 years and above with vitiligo attending the Dermatology Clinic of a tertiary health center were included in this cross-sectional study. The quality of life was assessed using the vitiligo quality of life questionnaire (VitiQoL). Disease severity was assessed using Vitiligo Area Severity Index (VASI).

Results: The mean VitiQoL score was 30.51 ± 15.74 (range 3–64). There was a significant relationship between VASI score and VitiQoL ($p = 0.036$, $r = 0.517$). Other factors such as age, gender, socioeconomic status, disease activity, family history of vitiligo, duration of the disease and educational attainment were significantly associated with VitiQoL score ($p < 0.05$).

Conclusion: Quality of life is impaired significantly in Nigerian patients with vitiligo. Focusing on patient's quality of life is an essential aspect in the management of patients with vitiligo.

Keywords: Vitiligo, VitiQoL, VASI, black Africans, quality of life

NADS/ABS 053:

Recommendation and Practices on Infant Skin Care Among Health Workers in Nigeria

Oludolapo Katibi,^{1,2} Simon Danby,¹ Prof Michael Cork,¹ Adebola Ogunbiyi³

¹Sheffield Dermatology Research, University of Sheffield, Sheffield, United Kingdom.

²University of Ilorin, Ilorin, Nigeria.

³University of Ibadan, Ibadan, Nigeria

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Introduction: The relative immaturity of the infant

skin barrier makes it susceptible to penetration of allergens and microbes. Skin products and infant care practices may affect the skin either positively or negatively. Recent reports suggest that skin interventions like emollients in infancy may increase the risk of skin infections and allergy. As a first step to investigating these products, there is a need to identify early life practices on the skin.

Objectives: To determine the practices and recommendations on infant skin care by health workers in Nigeria

Methodology: An online survey among health care workers in maternity and neonatal units was conducted.

Results: Cleaning of the vernix caseosa (VC) was most common immediately after birth (68.2%), while olive oil was used to clean the VC (86.4%). About half of the respondents bathed the baby within 24 hours of birth and natural products/ oil were mostly used to moisturise the skin in the first few days of life (43.9%). Recommendations include natural oils for skin moisturisation in 95.5% and commercial products in 50% of respondents. Preferred natural oils include shea butter (60.6%), coconut oil (50.0%) and olive oil (40.9%). Vaseline was the most recommended commercial moisturiser. Recommendations were based on personal experience and professional guidelines (47.0%).

Conclusion: Natural products are preferred for care of infant skin among healthcare workers. Of the natural products commonly used, Olive oil, has been previously found to have detrimental effects on the skin barrier. There is therefore a need to determine the consequences of these practices for infant skin health.

Keywords: infant skin care, vernix caseola, natural oils, skin barrier

NADS/ABS 054:

Moisturizer Prescription for Patients with Skin Disorders: Choice, Pattern and Associated Problems

Oludolapo Katibi,¹ Olarinoye Gboyega,² Ruth Adah,³ Ilesanmi Omotoyosi,¹ Otike-Odibi Bolaji⁴

¹Department of Paediatrics and Child Health, University of Ilorin Teaching Hospital, Kwara State

²Department of Medicine, Federal Medical Centre, Lokoja, Kogi state

³Department of Paediatrics, Jos University Teaching Hospital, Plateau state

⁴Department of Medicine, University of Port-Harcourt, Rivers state

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Background: Moisturizers are very commonly prescribed as part of management of skin disorders by dermatologists. However, most of these moisturizers have not been subjected to vigorous scientific evaluation to document their clinical efficacy. In a quest to determine cost effective moisturizers for the average Nigerian patient with skin disorders, it becomes imperative to determine the types, reasons for, and pattern of moisturizers prescription by dermatologists.

Methods: Descriptive cross-sectional study carried out among 97 dermatologists, trainees and aesthetic physicians in Nigeria in 2019.

Results: Mean number of years of practice in Dermatology among respondents was 8.13 ± 7.08 . Atopic dermatitis (88.4%), was the most common disorder for which moisturizers were prescribed. Shea butter (74.2%) was the most preferred traditional product. The top 4 most prescribed moisturizers were Sebamed (79.4%), Dove (72.2%), E-45(68%) and Vaseline (66%). The most common source of information on available products were from conferences (64.9%), while availability (82.5%), price (81.4%) and type of skin disorder (71.1%) were important in determining the choice of prescribed moisturizers. Factors affecting effective moisturizer use identified were high costs (70.1%), fake products (50.5%) and inadequate patient information (47.4%).

Conclusion: The findings in this study serve as a baseline in understanding the current practices with regards to prescription of moisturizers. It is important to investigate readily available indigenous products and find ways to overcome the identified problems affecting effective moisturizing.

Keywords: Moisturizer, dermatologists, prescription, skin disorder

¹Department of Medicine Dermatology unit Central Business District, (CBD), Limi hospitals, Abuja central business district

²Dept. of O and G, Limi hospital, CBD, Abuja

³Radiology centre, Limi hospitals, Abuja

⁴Dept. of Family medicine, CBD, Limi hospitals, Abuja

⁵Cardiocentre, Limi hospitals, Garki, Abuja

Corresponding Author: Akolawole Michael

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Background: Cutaneous manifestation of Hyperandrogenism predominantly (PCOS) is one of the most common endocrine disorders in women, affecting 5-10% of reproductive-aged women. The dermatologic manifestations of hyperandrogenism, chiefly hirsutism, acne vulgaris, androgenic alopecia, and acanthosis nigricans, are among the cardinal manifestations of hyperandrogenism PCOS.

Aim: To study the incidence and prevalence of various cutaneous manifestations in patients with hyperandrogenism predominantly PCOS

Materials and methods: This study was a prospective cross sectional study controlled conducted at a dermatology centre over a period of 2 years from March 2019 to March 2021.

The present study included 200 women diagnosed to have androgen excess. Cutaneous and Anthropometric evaluation, metabolic, cardiovascular, hormonal as well as radiological assessment were done. Statistical analysis was carried out using proportion, Chi-square test and independent samples t-test. Statistical significance was determined at a level of $P < 0.05$.

Results: In our study, the prevalence of hypertrichosis, acne, acanthosis nigricans, hirsutism, increased PIPA, seborrhea, Bauman's skin type (OSPT), acrochordons (skin tags), androgenetic alopecia, striae, sporadic or eruptive skin growths e.g., keloid or hypertrophic scars, rough face (Granular or rough or acanthosis like face skin texture) was 82. %, 80%, 80% 75 %, 66%, 62 % 60% 40%, 33%, 30% 20% 10% respectively.

Conclusion: Dermatologic manifestations of PCOS play a significant role in making the diagnosis and constitute a substantial portion of the symptoms experienced by women with this syndrome. Dermatologists that see these patients early and before other specialties should be anticipatory, prompt and wholistic in the management of these patients.

NADS/ABS 055 :

Cutaneous Manifestation of Hyperandrogenism

Akolawole Michael,¹ Nicole Osuji,² Kingsley Iseko,³ Akafa Tsenba,⁴ Iseko Iseko,⁵ Awofisoye Oyindamola,⁵ Olalekan Olaleye⁵

Keywords: Acanthosis nigricans; acne; flat acanthosis like facial skin, androgenic, Bauman, alopecia; hirsutism; hyperandrogenism; polycystic ovary syndrome.

NADS/ABS :

International Experience of Community Dermatology – Its Successes & Failures

Dr Claire FULLER MA FRCP

Chelsea and Westminster Hospital NHS Foundation Trust,
London UK

Chair of International Foundation for Dermatology

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Community dermatology may be seen as activities or interventions where the dermatologist's role extends beyond the individual patient. Efforts are directed at the community as a whole and generally focus on resource poor settings.

Understanding existing examples and models of community dermatology provision from around the world help us to learn from them, adopt our own approaches and improve access to dermatological care. By promoting skin health to the wider population, we can enhance access to care, training, advocacy, capacity building both clinical care and research.

Keywords: Community dermatology, resource poor setting, dermatology care

NADS/ABS :

Aging Skin; what can be done?

Uzo Iloabachie; MScCD (Lon), MScAM (Lon),
Hilda Titiloye; PGDipDerm (QMUL), Masters
Aesth Med (UCO, Spain), **Gana J Y MBBS;** FWACS;
MSc(Lon) Consultant Plastic Surgeon

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As we get older and a decline in function in our different body organs occurs masked away from the eyes, the largest organ of the body being the skin will manifest this decline much more glaringly. Skin aging is an interplay of many complex biological processes. With increased life expectancy, increased globalization and increasing awareness of possible interventions, people are becoming more preoccupied with physical appearance and seeking interventions for physical attributes they don't like or will like

improved or restored. As Skin health and beauty continues to be the most recognized attribute of “well-being”, the dermatologist is bound to get an increased number of patients presenting with complaints of aging that they will like improved. It is imperative that we are armed with the information that will enable us access and manage such patients.

The general consensus in medical research has shown that anti-aging interventions, are not yet an exact science and results obtained, are varied within any patient study. Anti-aging interventions or therapies will be looked at through the prism of the superficial reduction of the symptomatic evidence of the aging process. This presentation will provide an overview of what aging skin is, with respect to the higher Fitzpatrick scale skin types, the physiology of skin aging and contributory factors to skin aging. It will provide an insight into the assessment of primary visible signs of aging skin and aging face and how to promote healthy skin aging. Furthermore, we will highlight treatments from both the surgical and non-surgical/noninvasive therapies available, that address the visible aging effects as it relates to wrinkles/rhytides, skin laxity and facial volume loss. The non-invasive therapies we shall attempt to discuss shall include but not limited to energy based and therapeutic laser stimulations, topical applications, and injectables.

The surgical aspect will involve a combination of various techniques and approaches that can reverse facial aging, restoring that triangular, youthful facial profile. The face can be surgically reconfigured to restore firmness and volume and remove facial wrinkling with attendant long-term, gratifying outcome.

Keywords: Aging skin, facial wrinkles, surgical therapies, non-surgical therapies