



# NIGERIAN JOURNAL OF DERMATOLOGY 2022 BOOK OF ABSTRACTS



## Skin Surface pH of Seborrhoeic Dermatitis Patients in Lagos

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**Background:** Seborrhoeic dermatitis (SD) is a common papulosquamous dermatosis. It is chronic, relapsing and typically affects the scalp, face, upper trunk, and groin. SD is postulated to be associated with increased skin surface pH, but there is a paucity of data on this, especially in Africans. This study aimed to determine the relationship between skin surface pH and SD in Nigerians in Lagos.

**Methodology:** A prospective case-control study of the skin pH levels of 80 treatment-naïve SD patients and 80 healthy controls at a tertiary hospital dermatology clinic from January to July 2019. Following ethical approval and clinical diagnosis, the skin surface pH levels of the face, scalp, and trunk of study participants were measured with the Courage and Khazaka pH meter 905. Data was analyzed using the student's T-test on Epi Info, and the p-value was <0.05.

**Results:** Eighty SD cases (42 females, 38 males) and eighty age and sex-matched controls were recruited. The mean age of cases and controls was 31.8±9.5 and 32.4±9.9 years, respectively. The mean skin surface was higher in SD patients compared with controls in both lesional and non-lesional skin at all locations analyzed (p<0.001). However, the skin pH values of SD normal range for skin pH.

**Conclusion:** Seborrhoeic dermatitis in Nigerians is associated with increased skin surface pH. Skin biophysical parameters like skin surface pH are

relevant to the aetio-pathophysiology of SD and future therapeutic considerations. Further studies are required.

**Keywords:** Seborrhoeic dermatitis, Skin surface, pH, Skin biophysical parameters.

## Knowledge, Attitude and Practice of Skin Bleaching among Adolescents in Keffi, North-central Nigeria

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**Background:** Skin bleaching (SB) is a common dermatological practice among Nigerian women. It is associated with skin damage and systemic disorders especially when agents containing ingredients such as mercury and steroids are used. It is important to curb the practice of skin bleaching to reduce the associated morbidity.

**Objective:** The aim of this study is to determine the knowledge, attitude, and practice of SB among female adolescents in Keffi, Nasarawa State, Nigeria

**Method:** This was a cross-sectional descriptive study among female adolescents in secondary schools in Keffi between October and December 2021. Students in the Prevention (TAP) training program were interviewed using a self-administered questionnaire. The questionnaire sought information on the knowledge, attitude, and practice of skin bleaching. Data was analyzed using the IBM SPSS 25.

**Result:** A total of 247 adolescents with a mean of 15.39 ± 1.22 years completed the survey. The awareness of SB was high with 189 (76.5%) being aware of SB. A significant number (39.7%) believe that SB makes one look fashionable while 91 (36.8%) believe that it makes one ported by 27 (10.7%) students. The earliest age of onset of SB was 11 years.

Conclusion: The awareness of SB was high among the students. A significant number of adolescents believe that SB is fashionable. The practice of SB starts at an early adolescent age. Educational programs targeted at adolescents will reduce the dangers associated with the practice of SB.

## Psoriasis in Kaduna, North-West Nigeria: A 20-Year Experience

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Introduction: Psoriasis is a chronic inflammatory skin disease with a characteristic clinical and histological presentation that may be associated with joint, cardiovascular, metabolic, or psychiatric morbidity. Countries in North America, Northern Europe, and Australia have the highest burden of disease while those in Asia, South America, and Africa, have the lowest. Reports about psoriasis from Nigeria and Africa are scarce.

Objectives: To report the relative incidence, clinical presentation, severity, and associations of psoriasis seen in Kaduna, North-West, Nigeria over a 20-year period and compare with reports from other parts of Nigeria and Africa.

Methods: A retrospective review of records of patients diagnosed with psoriasis at two outpatient dermatology clinics in Kaduna, North-West Nigeria over a 20-year period.

Results: Diagnosis of psoriasis (mostly clinical) was made in 218 of 39,037 (0.6%) patients with new skin disease: Mean age 35.2 years, range (6 months to 80 years). Males constituted 64.2%, Mean age of onset was 30.5 years with a quarter developing psoriasis before age 20 and 71.4% before 40 years. Psoriasis presented earlier in females than males (mean age of onset 27.6 vs. 32.2 years, P 0.052) but was less severe. Psoriasis types were: Plaque 88.1%, guttate 6%, erythrodermic 4.6%, and seborrheic 0.9%. The male genitalia were affected in 25/140 (17.9%) of patients. 15/218 (6.9%) had HIV-associated psoriasis,

most of whom were male (80%) and a quarter had erythroderma. 58 (26.6%) of patients with psoriasis had nail involvement while only four patients (18%) had joint disease; other associations were infrequent. Overall, 80.3% had mild psoriasis and only 13.2% had a family history.

Conclusion: Notwithstanding the limitations of our study, it shows psoriasis remains a rare disease in Kaduna as in the rest of Nigeria and West Africa. Its clinical presentation is the same as elsewhere but nail involvement is uncommon, family history is infrequent, joint disease is very rare, and HIV-related disease is now rarely seen.

Keywords: Psoriasis, Relative incidence, Kaduna-Nigeria, sub-Saharan Africa, epidemiology.

## Prevalence and Clinical Characteristics of Papulosquamous Disorders in Benin City Sokunbi EA<sup>1</sup>, Onunu AN<sup>2</sup>, Okwara BU<sup>2</sup>, Madubuko CR<sup>2</sup>, Oiwoh So<sup>3</sup>

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**Background:** Papulosquamous disorders are chronic dermatoses characterized by scaly papules and plaques. The prevalence of these disorders varies across populations. There is a dearth of data on its clinical characteristics in our environment. This study aimed to document their prevalence pattern and clinical characteristics in Benin City, Southern Nigeria.

**Methods:** This was a descriptive cross-sectional study conducted at the University of Benin Teaching Hospital Benin City, on two hundred subjects with papulosquamous dermatoses. Relevant clinical information was obtained using an interviewer-administered questionnaire, Flyer R digital USB dermoscope, and skin biopsy. Data was analyzed using IBM SPSS version 21.

**Result:** Papulosquamous dermatoses affected all age groups (mean age of 40.9 ± 16.4 years) more in females than males (11.30) Lichen planus, psoriasis, seborrheic dermatitis, lichen nitidus, pityriasis rubra

pilaris, pityriasis rosea and parapsoriasis were the common papulosquamous disorders seen (50%, 27%, 16%, 3.5%, 1.5% and 0.5% respectively). The hypertrophic type (42%), chronic plaque variant (66.2%), and Type 1 disease were the most common types for lichen planus psoriasis and pityriasis rubra pilaris respectively. Harsh weather conditions and trauma were the most notable triggers reported.

**Conclusion:** Lichen planus, psoriasis, and seborrheic dermatitis were the three most common papulosquamous disorders. Trauma and harsh weather conditions were the notable triggers. These findings are in keeping with the few studies done in this environment.

**Keywords:** Papulosquamous disorders, Prevalence, Clinical characteristics.

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### Prevalence and pattern of skin diseases seen in Diabetics patients at the Barau Dikko Teaching Hospital Kaduna

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**Background:** Diabetes mellitus is one of the most common metabolic disorders with a rising prevalence. It cuts across all ages and socioeconomic status; Skin lesions are frequently observed in diabetic patients and about 30% of diabetics are said to have cutaneous disorders.

**Objectives:** This study was carried out to determine the prevalence, pattern, and determinants of skin diseases in diabetic patients at the Barau Dikko Teaching Hospital, Kaduna.

**Materials and method:** This was a cross-sectional study conducted at the medical outpatient clinic at the Barau Dikko Teaching Hospital over a one-month period. One hundred consecutive diabetic patients attending the clinic were included in the study. Records of the patient's age, sex, fasting blood sugar, body mass index, and duration of diabetes were documented. An evaluation of the skin disease was made clinically. Data was analyzed using SPSS 21.

**Results:** The recruited participants were mainly

females 78 (78%). The youngest patient was 16 years and the oldest was 80 years with a mean age of 55.90 ± 13.11 years. Only 31 (34.4%) respondents had normal BMI. The overall prevalence of skin disease was 92%. Increasing age was an important determinant of the presence of skin diseases P < 0.05%.

The most prevalent skin diseases were: Idiopathic guttate hypomelanosis 61 (37.4%), Tinea pedis 14 (8.6%), palmoplantar hyperpigmentation 13 (7.9%), and pruritus 12 (7.4%).

**Conclusion:** A good knowledge and identification of some of these skin disorders may help in reducing morbidity associated with diabetes and its complications.

**Keywords:** Cutaneous manifestations, Prevalence, Pattern, Diabetes mellitus.

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### An Unusual Suspect: A Case of Bazin's Disease Masquerading as Sarcoidosis of the Skin

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Clinical and Investigation signs of sarcoidosis and tuberculosis of the skin may seem alike. A high index of suspicion for TB must be entertained in our environment in the presence of erythema nodosum.

We present a 46-year-old, female administrative staff of IITA with a 10-year history of rashes on the body. The rash started on the lower limbs and continued to spread to now involve the chest, breast, and upper limbs. The rash starts as painful swellings which heal to leave dark raised plaques. Has a history of rash predilection for old scars and tattoo areas. Initial diagnosis of Sarcoidosis of the skin was made to rule out Tumid Lupus and Panniculitis. Systemic history was unremarkable, initial investigation results were remarkable for a persistently elevated ESRANA and ACE was negative, full blood count, HepBsAg, Chest X-ray, Liver function, and Kidney function tests were all normal.

Subsequently, with no improvement in symptoms, further tests were done, and skin histology showed focal acute necrotizing inflammation with no specific diagnosis patient at this stage now revealed a history of having a child who was diagnosed and managed

for Tuberculosis (TB) about 5 years before onset of symptoms. A Tuberculin test was done, which was positive at 18mm and QUATEFERON TB GOLD was positive.

The patient was then commenced on anti-TB Treatment for 9 months which she has since completed with the clearing of the rash.

**Keywords:** Bazin's disease, Erythema nodosum, Sarcoidosis of the skin.

### **Characteristics of Systemic Scleroderma in the Dermatology Venereology Department of the Yalgado Ouedraogo Hospital in Ouagadougou**

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**Introduction:** Systemic scleroderma (SS) is a rare and ubiquitous autoimmune disease, it is said to be more frequent and more severe in black people. The aim of this study was to describe the socio-demographic, clinical, and therapeutic characteristics of SS in the dermatology department of Yalgado Ouedraogo University Hospital

**Materials and methods:** This was a descriptive cross-sectional study carried out in the dermatology-venereology department of Yalgado Oudraogo University Hospital over a period of 10 years (January 2010 to December 2019) and included patients diagnosed with SS.

**Results:** We collected 62 Cases of SS corresponding

to a frequency of 7 cases/year and a hospital prevalence of 0.08%. We retained 27 complete cases. The mean age of the patients was 40±104 years with extremes from 12 to 70 years. Twenty-five patients were female. The sex ratio was 0.08. The average duration of symptomatology was 18 months. The patients had diffuse systemic scleroderma in 70.37% and limited systemic scleroderma in 29.63% of Cases. Almost all patients had pigmentary disorders such as hypochromic macules and or speckled achromia (96.30%). The main organic disorders were osteoarticular 59.28% respiratory (51.85%) and digestive (48.15%) The prognostic evaluation of patients according to the Barnett and Coventry classification noted respectively 18.52% for type 1, 50.26% for type 2, and 22.22% for type 3. Treatment included corticosteroids and an immunomodulator with antifibrotic action. They were used in combination in 55.56%; while corticosteroids alone was used in 47.70%, and D penicillamine alone in 3.70%.

**Conclusion:** Systemic sclerosis in Burkina Faso, as in most publications, has a young and female adult face. This disease is rare and unrecognized, and diagnosis is late. In the absence of immunological tests, speckled achromia could be a means of diagnosing the disease. Management is poorly codified.

**Keywords:** Systemic scleroderma, Cutaneous sclerosis, Speckled achromia

### **Immunotherapy for Genital Warts: The Lessons in the Process**

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**Background:** Infection with human papillomavirus is very common, recurrent, occurring with varied presentation depending on the area infected. The ideal treatment for genital warts resolves all or a maximum number of warts, leaves no scars, offers lifetime immunity against HPV, and is easily available. Immunotherapy is one of the methods of genital wart treatment, inducing cell and humoral immunity to accelerate the clearance of the virus and virus-infected cells

**Objective:** To document treatment response

following immunotherapy for a case of genital warts. To report the treatment strategy adopted. To highlight treatment difficulties in a resource-poor setting.

**Case Report:** A 21-year-old female referred from the OB/GYN with a 7-month history of genital warts. She admitted to having multiple sexual partners. Referred following treatment failure using multiple therapies. Examination showed multiple flesh-colored verrucous pedunculated papules located over the labia, pubis, and perineum.

She was commenced on systemic and intralesional immunotherapy. Following poor response after 3rd dose of MMR co-management plans with plastic surgeons were considered. However, the patient responded on the 4th and 5th doses and has maintained lesion clearance.

**Conclusion:** Immunotherapy can have rewarding outcomes for patients with genital warts. Paying attention to factors that affect drug potency and treating cases on an individual basis can improve lesion clearance.

**Keywords:** Genital warts, Immunotherapy.

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## Cutaneous Aspergillosis: A Review of the Epidemiology and Clinical Spectrum

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Aspergillosis is a common opportunistic fungal infection that primarily affects the pulmonary system following the inhalation of the fungal spores. Cutaneous aspergillosis may occur from hematogenous dissemination of the spores and invasion of the organs. Primary infections of the skin can occur rarely from implantation following trauma to the skin, intravenous canulation and venipuncture wounds, and occlusive dressing of the skin. *Aspergillus fumigatus* is the most implicated species,

and less commonly *Aspergillus flavus* and *terres*. Aspergillosis generally occurs in the setting of immune compromise, but primary cutaneous aspergillosis has been documented in immunocompetent individuals. This review describes the epidemiology clinical spectrum, and management of cutaneous aspergillosis. We will also be discussing some illustrative Cases to determine the possible epidemiology of a positive fungal culture report on microbiology.

**Keywords:** Cutaneous aspergillosis, Primary cutaneous aspergillosis, Secondary cutaneous aspergillosis, Immune suppression

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## Home-Based Care of Monkeypox in a Rural Tertiary Hospital: Challenges, Opportunities and Recommendations

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Monkeypox, a re-emerging zoonotic infection in Nigeria has been reported before and during the twin epidemics of COVID-19 and Lassa fever respectively. While hospital-based care is advocated, there are indications for home-based care. We present the experience with the management of a confirmed case from a rural tertiary hospital in Southern Nigeria. He is a 37-year-old scientific officer diagnosed with polymerase chain reaction (PCR). He was managed through home-based isolation and care in line with the guidelines of the Nigerian Centre for Disease Control (NCDC) based on lack of compelling indications for hospital admission, and lack of access to isolation during another twin epidemic of Lassa fever and COVID-19 admissions.

Home-based care (HBC) included oral antiviral antibiotics and visits by the public health team with some teledermatological care. He recovered and was followed up at the Dermatology clinic, Collaborative care was by a team of Dermatologists, Infectious Disease physicians, and Public Health Physicians.

The shortcoming of HBC includes reliance on self-reporting by patients. However, HBC is recommended in patients with no need for admission, who lack access to hospital isolation and additionally stand the risk of nosocomial infection from other epidemics as in this instance. HBC will foster opportunities for more knitted chains of care between the hospital and the community, and better collaborations among specialists and other health care workers.

(patient 2) screening were negative. They were appropriately managed in isolation with outcomes and contact tracing in the affected community instituted.

Conclusion: Monkeypox is still present in Nigeria with possible community spread; therefore, there is a need for a higher index of suspicion for the uncommon presentations.

### Monkey Pox in Irrua Environs Uncommon Presentations

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**Background:** Monkeypox is a rare but potentially dangerous orthopoxvirus disease of public health concern. It re-emerged in Nigeria five years ago with few cases still being reported.

Case presentation Patient 1: A 37-year-old male scientific officer referred with a one-week history of painful non-itchy raised rashes that started on the penis and then spread to other parts of the genitals and body. History of contact and previously treated constrictive pericarditis but no contact with infectious samples of the virus. Skin examination shows multiple intact papules, vesicles, and some nodules on the body including palms and soles, penile ulcer, and lymphadenopathy

Patient 2: A 30-year-old male artisan with a two-month history of raised rashes on the body that started on the genitals and then involved other parts of the body. History of sore throat, unprotected sex, and “seasonal” rash in the village for about seven years. Examination showed multiple vesicles in the luteal region, scrotum palms, and solo, almost ulcer, and lymphadenopathy. Sample for Monkey PCR returned positive but retroviral (patient 1 & 2) and COVID-19

### Skin Cancer Patterns in Nigerian Persons with Albinism in South East (SE) Nigeria

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**Background:** Squamous cell carcinomas (SCCs) have previously been thought to be the predominant skin cancer type in persons with albinism (PWA) in Africa. Most of those studies were however retrospective and relied mostly on histopathology PWAS often present with advanced skin lesions. Consequently, early-stage skin cancers may be potentially missed. However recent studies (mostly community-based) have shown that basal cell carcinomas (BCCs) were the most common skin cancer type in PWAs in their series. Dermoscopy, a non-invasive procedure that enhances early diagnosis through visualization of microstructures of the epidermis and upper dermis is a useful tool for screening and identification of seemingly innocuous lesions that may be early skin cancers This study was carried out to determine the pattern of skin cancers in PWA using clinical dermoscopic and histopathologic criteria to capture both early and advanced malignant lesions.

**Methodology:** This was a cross-sectional study involving PWA in SE Nigeria. Participants were

recruited through the various PWA support groups and from the PWA register of the Dermatology unit, NAUTH.

**Result:** A total of 69 PWAS with 117 suspicious skin lesions were evaluated. Out of these skin lesions, 86 (73.5%) were BCCs, 22 (18.8%) were SCCs and 9 (7.7%) were basosquamous carcinomas.

**Conclusion:** The predominant skin cancer type in PWAS in SE Nigeria is similar to that seen in Caucasians. This highlights the predominant role of the degree of pigmentation in the pathogenesis of BCCs and UVR as the most common aetiologic factor for BCCs in all racial groups.

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### **Premature Androgenetic Alopecia Transgenerational Comparison of Cardiovascular Risk Factors and Quality of Life Among Adults in Ogbomoso, Nigeria**

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**Background:** Premature androgenetic alopecia (PAGA) is associated with cardiovascular diseases and impairment of quality of life (QoL). No published data on PAGA in Nigeria. This study documented the prevalence and transgenerational variation in traditional cardiovascular risk factors (CVRFs) and quality of life (QoL) among adults with AGA in Ogbomoso, Nigeria.

**Methods:** This community-based cross-sectional study included 260 consenting AGA adults using a multistage sampling method. AGA below 35 years was defined as PAGA while AGA at or above 35 years was older onset. AGA was assessed using the modified Hamilton-Norwood and Ludwig scales for males and females respectively. The QoL was determined using a pre-validated Hairdex

questionnaire. Anthropometric measures, fasting blood glucose, and lipid profile were taken. Data were analyzed using IBM SPSS version 20.

**Result:** The prevalence of PAGA was 18.8% PAGA had a higher total score (p<0.001) with significant impairment in function (p<0.001) emotion (p<0.001) symptoms (p<0.001) and stigmatization (p<0.001). PAGA had a significantly lower prevalence of CVRFS when compared with older onset AGA.

**Conclusion:** This study documented a lower PAGA prevalence in AGA. CVRFs were significantly less in PAGA. More work on AGA needs to be done in this environment.

**Keywords:** Premature androgenetic alopecia, Cardiovascular risk factors

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### **Patterns, Hair Grooming Practices, and Health Seeking Behavior of Males with Hair Disorders Presenting to a South Eastern Tertiary Health Institution**

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**Background:** Hair loss is a cause of considerable psychological and social distress across genders. The majority of hair loss studies in Africa have focused on females and were mostly hospital-based. This may be attributable to the poor health-seeking behavior of males for hair loss. With the increasing use of hair relaxers, hair dyes, dreadlock creams, and traction-inducing hairstyles like dreadlocks rising in men, the occurrence of certain forms of alopecia is expected to increase. This study was carried out to ascertain the patterns and hair styling patterns in Nigerian males with hair disorders in a tertiary health facility in Southeast Nigeria.

**Methodology:** All consenting male patients presenting to the dermatology clinic of Nnamdi Azikiwe University Teaching Hospital Nnewi with complaints of hair loss were recruited. Sociodemographic and other information was collected via interviewer-administered

questionnaires. Diagnosis of hair disorder was clinical and confirmed using trichoscopy and/or histology.

**Results:** A total of 33 male patients with hair loss were seen. The majority (68.2%) were symptomatic. Some used chemical hair relaxers, lock-in gel, and sporting waves. Few (10.5%) had earlier sought care from a dermatologist prior to presentation with 20.3% consulting pharmacy shops. Most thought hair loss was caused by heredity or aging. The commonest aetiology was FKN followed by folliculitis decalvans. Three males had central centrifugal cicatricial alopecia.

**Conclusion:** Symptomatic hair loss should always raise suspicion of other causes of hair loss other than androgenetic alopecia. Some males are practicing potentially hair loss-inducing hair grooming styles.

Likert classification (10-point scale) at six, twelve, and twenty weeks after the last laser session. After six and twelve weeks, 20% had having excellent response; 80% had a good response; there was neither poor response nor side effects recorded. After twenty weeks, almost 100% of patients had regrowth of hair similar to the initial hair count but did show a significant reduction in hair thickness.

The 808nm diode laser offers a good cosmetic result with minimal side effects. Follow-up after one year and more studies for patients with skin of color are recommended.

**Keywords:** Diode laser 808 nm, hair removal, skin of colour

### The Efficacy of Diode Laser (808nm) Hair Removal in Skin of Colour

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Excessive hair growth was categorized as either hirsutism or hypertrichosis. The ideal candidate for laser hair removal is fair-skinned with dark terminal hair. The aim of the study is to determine the effectiveness and side effects of diode (808 nm) laser in the treatment of unwanted face hair in individuals with Fitzpatrick skin phototypes IV-VL.

This is a prospective clinical descriptive interventional study, that was conducted from January to October 2021, and included ten female patients of Fitzpatrick skin phototypes IV-V qualified for 6 treatments, at 3-4 weeks' intervals. Different laser parameters were used generally all a low-fluence, and high-repetition rate, non-contact application of handpiece prop. Sapphire TEC handpiece cooling system. Photographs were taken monthly. Because of the current instability in Sudan, the patients scheduled intervals between sessions were not fulfilled in 70% of patients. Hair counts were done before treatment and at the end of the sixth session.

Patient satisfaction was recorded according to the

### New-Onset Alopecia Areata After Infection with Sars-Cov-2: Case Series from Madagascar

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**Background:** Research over the past two years has reported the relationship between infection with SARS-COV-2 and various immuno-related dermatologic conditions. The relation between alopecia areata (AA) and this infection remains unclear.

**Objective:** To report cases of new-onset alopecia areata after confirmed infection with SARS-COV-2 soon in the department of dermatology at the University Hospital Antananarivo Madagascar.

**Results:** Six female patients presented new-onset AA after confirmed infection with SARS-CoV-2. The mean age  $\pm$ SD of patients was 36.8 $\pm$ 10.7 years (range, 23-54 years). No patients had a personal or family history of AA. The onset of AA occurred at a mean  $\pm$ SD of 61126 days after a positive reverse transcription polymerase chain reaction test. 5 patients who experienced mild respiratory symptoms received paracetamol and azithromycin. One patient who presented severe respiratory symptoms received in addition corticosteroids. Four patients presented rapid onset of multiple patches of alopecia on the

temporoparietal and occipital areas of the scalp. One patient presented patchy hair loss on the vertex and one patient with alopecia totalis. Outcomes of three patients were evaluated after 3 months of treatment: hair growth at 100% and 30% for two patients with rapid onset of multiple patches of AA treated by the oral mini pulse of corticosteroids and 70% for the patients who presented alopecia totalis treated by oral pulse of corticosteroids (5mg/kg/j for 3 days/month).

**Conclusion:** Our case series confirms that AA is a multifactorial disease. AA often appears one to two months following infection with SARS-CoV-2. Further research is necessary to elucidate the relationship.

**Keywords:** alopecia areata SARS-COV-2

### **Incriminating Allergens in Allergic Contact Dermatitis in Dermatology-Venereology in Ouagadougou**

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**Introduction:** The prevalence of immuno-allergic diseases is increasing worldwide and in Africa, especially allergic contact dermatitis (ACD) or contact dermatitis. Few studies are devoted to the allergens involved in those dermatoses in Burkina

Faso hence the interest of our study whose objective was to contribute to a better knowledge of the allergens involved in allergic contact dermatitis in Ouagadougou.

**Methodology:** We conducted a descriptive cross-sectional study from May to October 2021. We included patients followed for ACD in the Dermatology and Venereology departments of the city of Ouagadougou who consented and were referred to the YO University Hospital for patch testing. The standard European battery of 30 allergens supplemented by 28 others related to our environment was tested.

**Results:** We collected 114 patients of whom 88.59% had a positive patch test. The average age was 30.35 years and 62.28% were female. The average number of allergens per patient was 3. The correlation with the eczema sites was 77.10%. The majority of lesions were located on the foot, followed by the hands. The incriminated allergens were rubber additives (positive 54 times), dominated by carba mix (17cas/114) followed by plastic elements (positive 35 times) dominated by methyl methacrylate (cas/114). Preservatives and/or cosmetics and/or perfumes often found in the same products were also frequently found (67 times positive). Among the latter, cosmetic ingredients were the most represented (20 times/67).

**Conclusion:** The change in lifestyle and the more frequent use of manufactured products could be the origin of the increase in cases of allergic contact dermatitis.

**Keywords:** Contact dermatitis, Carba mix, Methyl methacrylate, Euxyl k 400.

### **Neglected Tropical Diseases Seen in a Tertiary Center Dermatology Clinic in Lagos**

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**Background:** Neglected tropical diseases (NTDs) are a heterogeneous group of tropical infections found mainly in middle and low-income countries with

limited access to clean water, sanitation, good housing, health care, and vector control. They are caused by various infectious organisms and are often chronic, disfiguring, and disabling conditions. Ten of the twenty WHO-recognized NTDs have cutaneous manifestations, known as skin NTDs, and are usually reported in rural communities. However, we have reported several cases of skin NTDs seen at the dermatology clinic of a tertiary medical institution located in Ikeja, the urban capital of Lagos over two years.

**Methods:** Records of all skin NTDs seen at the Dermatology Clinic and Medical Emergency of the Lagos State University Teaching Hospital Ikeja, from January 2020 to April 2022 were compiled and documented. These were compared with available state-wide and nationwide data for NTDs.

**Results:** They included cases of Onchodermatitis, Mycetoma, Cutaneous Leishmaniasis, Lymphatic filariasis Sporotrichosis, Scabies, Leprosy, and an emerging infectious disease, Monkeypox.

**Conclusion:** This case series aims to highlight the persistent presence of NTDs in both rural and urban Nigerian communities and the challenges with their management and control. Dermatologists should collaborate with public health physicians, non-governmental organizations, and government parastatals to achieve more effective health worker training, documentation, and elimination strategies for NTDs.

**Keywords:** Neglected Tropical Diseases, NTDs, Skin NTDs, Infectious diseases

**Traction Alopecia Prevention (TAP) Project: An Intervention Programme Among Female Adolescents to Reduce the Burden of Traction Alopecia**

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**Background:** Traction alopecia (TA) is the most common cause of hair loss among African women. It

is a preventable cause of alopecia which can result in permanent hair loss if not treated. Among female adolescents in Keffi, the knowledge of TA is poor despite a 15.1% prevalence of TA. An intervention program to improve the knowledge of TA among them was recommended.

**Objectives:** The aim of the program was to increase the knowledge of TA among female adolescents in Keffi, Nasarawa State, Nigeria.

**Method:** This was a health educational program carried out among female adolescents in senior secondary schools in Keffi. 296 female students from four different schools were trained in TA and hair care practices. Three students were selected from each school through a post-test to participate in a quiz competition on TA and hair care practices. The winners were used for peer-to-peer education on TA and hair care practices in the schools. The program was evaluated to understand the impact of the intervention on the knowledge of TA among the participants. The data was analyzed using SPSS IBM 25 statistical software.

**Result:** There was a 3.3-fold increase in the awareness of TA among female adolescents in Keffi. The overall knowledge score was poor in only 21 (0.6%) participants: a 9.3-fold reduction compared with the pre-intervention knowledge level.

**Conclusion:** The knowledge of TA among female adolescents in Keffi increased significantly following the Traction Alopecia Prevention (TAP) project.

**The Rodent Ulcer: Two Contrasting Presentations**

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**Introduction:** A Rodent ulcer refers to the slowly growing locally invasive basal cell carcinoma (BCC) which is the commonest skin cancer in Caucasians - up to 30% of Caucasians develop BCC during their life time depending on level of sun exposure - but is very rare in dark-skinned people.

**Objective:** We present two contrasting presentations of BCC in two Nigerian patients - one presenting late as a true “rodent ulcer” and the other presenting early as a small ulcerated nodule. We highlight the reasons for these presentations and discuss the likely cause of BCC in darkly pigmented people.

**Case 1:** A 56-year-old Nigerian woman presented with a four-year history of a slow-growing, ulcerating lesion on the right side of the face. Examination showed a large 5cm x 5cm triangular plaque extending from the right lower eyelid with ectropion formation, to the dorsum of the nose covering almost its right lateral half and part of the alar nasi, to just above the angle of the mouth and extending to the zygomatic arch (Figure 1a). The lesion had a well-defined, irregular, hyperpigmented, and in some places ulcerated edge, which had a firm nodule on its inferior pole. The inside of the plaque contained scattered areas of hyperpigmentation atrophy, ulceration, and scab formation. Histology of a 4mm punch biopsy taken, from the inferior edge of the lesion showed a nodular collection of malignant basaloid cells infiltrating into the reticular dermis and pockets of melanin deposits in the dermis (Figure 2).

**Case 2:** A 65-year-old woman presented with a one-year history of an asymptomatic, slowly growing ulcerated non-healing lesion on the right alar nasi. Examination revealed a 15cm, round, darkly pigmented, firm dome-shaped nodule with a central dry ulceration covering part of the right alar nasi and dorsum of the nose (Figure 1b). Histology was consistent with nodular BCC.

**Conclusion:** The two contrasting cases presented underscore the need for vigilance in order to make a diagnosis early and institute appropriate treatment.

**Keywords:** Rodent ulcer, Basal cell carcinoma, Clinical presentations, Dark-skinned patients

neurocutaneous syndrome that can affect the ovary system. It has a prevalence of 10,000 persons and has no sex or racial predilection. This is the only case seen in our center over the past 10 years. It has an autosomal dominant inheritance pattern, however, spontaneous mutation accounts for most cases. Presenting symptoms vary depending on the systems involved, but cutaneous symptoms are almost always present. Diagnosis can be made clinically, however molecular genetic testing may be indicated in cases of doubt of family members screening, and for prenatal diagnosis.

**Case summary:** We report a case of a 23-year-old female with symptoms of non-painful, non-itchy, multiple hyperpigmented facial rashes since childhood; and abdominal pain, dysuria, and hematuria of one-week duration, whose father and sister have similar facial rashes. She had bilateral flank tenderness, a facial plaque and multiple angiofibromas, shagreen patch subungual fibromas, dental pits, and retinal hematoma. Abdominal imaging showed enlarged kidneys with multiple cysts while brain imaging revealed multiple subependymal calcified nodules in the periventricular region and cerebellum. Skin biopsy confirmed angiofibroma. Urinalysis showed numerous white and red blood cells per high power field. She was managed for Tuberous Sclerosis Complex complicated by a urinary tract infection and was counseled on possible options for cosmetics.

**Conclusion:** Tuberous sclerosis complex is a multisystemic disorder that can easily be identified by myriads of cutaneous markers to enable detailed workup in order to manage and prevent morbidity and mortality.

**Keywords:** Tuberous sclerosis complex, Neurocutaneous syndrome

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## The Hydra-headed Neurocutaneous Syndrome: A Case Report

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**Background:** Tuberous sclerosis complex is a rare

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## Confluent and Reticulated Papillomatosis as a Cutaneous Marker of Polycystic Ovarian Syndrome - A Case Report

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Confluent and Reticulated papillomatosis (CARP) is a rare and benign disease of unknown aetiology typically affecting young persons. It is characterized by greyish hyperkeratotic papules usually located on the trunk. The lesions coalesce to form confluent plaques centrally and a reticular pattern peripherally.

Endocrine disturbances have been postulated to play a role in CARP. A few reports have associated it with Polycystic Ovarian Syndrome (PCOS) and there have been occasional diagnostic challenges in persons with pigmented skin.

We present a case of a 22-year-old female with menstrual irregularities and a two-year history of hyperpigmented papules. Examination revealed an obese young woman with widespread papules on the trunk, which coalesced to form plaques in a reticular configuration. She also had acne, hirsutism, and acanthosis nigricans. Investigation showed impaired glucose tolerance.

This case further confirms the association of CARP and PCOS making a case for the inclusion of CARP as one of the cutaneous markers of PCOS and highlighting the need to investigate young women with pigmented pityriasis versicolor-like lesions.

**Cutaneous Tuberculosis: A Case Report**

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Tuberculosis is an infectious disease caused by the bacteria Mycobacterium tuberculosis. It is endemic in West Africa and commonly affects the lungs but virtually all organs can be affected including the skin. Cutaneous tuberculosis is an uncommon presentation of tuberculosis. Lupus Vulgaris is however the most common type of cutaneous tuberculosis and can present in a myriad of ways. Despite the paucity of adequate diagnostic tools in resource-poor countries, a systematic approach to logical history is needed. physical examination, bedside procedures and pen-ultimately histopathology will guide Dermatologists and Dermatology trainees on the right path to care.

We present to you the case report of a 43-year-old civil servant who presented on account of a 1-year history of multiple skin-coloured plaques on the neck and extremities for which he was managed at the General outpatient department for hypertrophic scars with no improvement. He also had a 15-year history of use of various skin-lightening agents (inclusive of the so-called 'organic creams'). Upon referral to our clinic, a systematic approach to history taking, physical examination, diascopy, dermatoscopy, and histopathology gave away the diagnosis of Lupus Vulgaris. He has since made significant improvement following the commencement of anti-tuberculosis medications.

We encourage all physicians to have a high index of suspicion of these lesions and to make maximal use of all diagnostic aids available to us as a means of advancing evidence-based medical practices.

**Formication as the First Manifestation of Indeterminate Leprosy — A Case Report**

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**Background:** Leprosy is a chronic granulomatous infectious disease caused by Mycobacterium leprae, which primarily affects the nerves and skin with protean manifestations. Indeterminate leprosy is the earliest clinical presentation of leprosy. Patients usually present with ill-defined hypopigmented patches, hypoaesthesia may not be predominant. Indeterminate leprosy may heal on its own or progress to tuberculoid or lepromatous forms.

**Case Report:** A 47-year-old male lawyer was seen on account of a crawling sensation on the skin for 5 months; hypopigmented patches for 2 months and loss of sensation noticed after he burnt himself while trying to warm over a fire as a form of relief for the crawling sensation. He subsequently developed blisters and ulcerations on the anterior chest wall and back.

Skin examination revealed blisters, erosions, and ulcerations on the anterior chest wall and back, patient also had about five hypoaesthetic well-circumscribed patches on the trunk and thigh.

The slit skin smear was negative, and histopathology of the lesion was consistent with indeterminate leprosy. The patient was given a 6-month course of chemotherapy for paucibacillary leprosy with remarkable improvement. Blisters were treated with topical silver sulphadiazine.

**Conclusion:** The absence of clinical suspicion and unfamiliarity may cause the diagnosis to be missed. Paraesthesia in leprosy may present in different forms, so a high index of suspicion is required.

**Keywords:** Indeterminate, formication, hypoaesthesia, paraesthesia, leprosy.

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### Symptomatic Hepatic Angiomyolipoma in Tuberos Sclerosis Complex: Anomalous Manifestation of a Rare Disease

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Tuberous sclerosis complex (TSC) is a rare autosomal dominant multi-systemic neurocutaneous disorder that affects the skin, brain, kidneys, eye, heart, lungs, and very rarely the liver. It is caused by mutation in the TSC1 or TSC2 gene which encodes for hamartin and tuberin protein respectively. It typically presents with intellectual disability, seizures, and skin manifestations.

This is the case of a 38-year-old female brought to the emergency room with recurrent abdominal pain, jaundice, and fever. She has been on treatment for seizure disorder since childhood. Physical examination revealed features in keeping with TSC. Abdominal CT showed hepatomegaly with hepatic angiomyolipoma (AML). A diagnosis of acute cholangitis secondary to obstruction by angiomyolipoma on a background of TSC was made.

Hepatic angiomyolipomas are incidental findings in TSC as they are almost always asymptomatic and

nonprogressive, making our index patient's presentation novel. However, it formed the backdrop for which the diagnosis of TSC was eventually made, after over three (3) decades of seizures and associated cutaneous features. This is despite encounters with physicians in several health facilities.

This report presents an extremely rare and serious manifestation of TSC: and highlights the need for thorough examination and investigation of persons with seizure disorder, to rule out TSC.

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### Erythroderma: A Clinical and Histopathological Study

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**Background:** Erythroderma is a rare skin disorder that can be idiopathic or secondary to a variety of dermatoses. Diagnosis of the primary disorder is important in the management of this disorder. The aim of this study was to determine the prevalence, sex distribution, and common causes of erythroderma based on histopathological evaluation.

**Methodology:** This is a retrospective chart review of 14 erythrodermic patients who attended the Dermatology unit of the Lagos State University Teaching Hospital Ikeja from March 2021 to March 2022. Gender, clinical features outcome, and histopathology reports in seven patients who had biopsies were reviewed. Simple means and frequencies are presented.

**Results:** The prevalence of erythroderma was 18% (14/776 new patients). The mean age of the patients was 48.5 years, the mean duration was 2.34 years and there were 11 males and 3 females. Clinical erythroderma was caused by atopic dermatitis, seborrheic dermatitis, psoriasis, and drugs in 14.2% respectively; cutaneous T-cell lymphoma, bullous pemphigoid and no identifiable cause in 7.14% respectively. Histological diagnosis was atopic dermatitis in two patients and in one patient each bullous pemphigoid, drug-induced, cutaneous T-Cell lymphoma, psoriasis, and no identifiable cause.

**Conclusion:** Erythroderma is secondary to pre-existing dermatoses and this study highlights the importance of histopathology, its evaluation, and management.

**Keywords:** Erythroderma, histopathology, biopsy, prevalence.

### **A Case Report of Management of Multiple Periorbital Cysts (Eccrine Hidrocystoma) in a 35-Year-Old Woman**

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**Background:** Hidrocystoma is a rare benign swelling (tumour) of sweat glands also known as the cystic form of hidroadenoma, cystadenomas, sudoriferous cysts, and Moll's gland. It has no racial or sex predilection. Its rarity and site of occurrence make its management challenging due to limitations in knowledge of making the diagnosis, treatment, availability of drugs and interventions, and aesthetic concerns.

**Case report:** A 35-year-old Nigerian woman from the Igbo ethnic group with a tertiary level of education presented to the dermatology outpatient clinic with a 10-year history of recurrent periorbital swelling associated with occasional pruritus. It started off as a single soft papule with regular borders on her left eyelid which became multiple involving both eyes and progressively increased in size and number. The patient had visited several doctors in different health institutions and draining of the cystic fluid was carried out however lesions reoccurred. She later visited an ophthalmologist who thought she had cystic acne and was subsequently referred to the dermatologist. She had no history of any chronic illness. There was no history of similar lesions in any

family member. Her physical examination was normal. She was seronegative to HIV 1 and II. Her thyroid function was normal. She was also counseled about the disease and management options. She declined punch biopsy due to the location of the lesion. She subsequently received seven sessions of chemoablation with remarkable improvement and no recurrence of lesions for the past year.

**Conclusion:** Hidrocystomas can be successfully treated in our environment

**Keywords:** Cysts, Hidrocystoma, Multiple, Periorbital

### **Disseminated Kaposi Sarcoma Masked as Genital Ulcers in a Newly Diagnosed HIV Patient (The Need for Thorough Investigation)**

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**Background:** Kaposi sarcoma is an opportunistic infection seen in individuals with HIV. Genital ulcers facilitate the transmission of HIV and vice-versa. Kaposi sarcoma caused by HHV-8, affects 1.2-2.5% of people with HIV in Nigeria. The lesions are usually located on the extremities and trunk. Skin biopsy is important in its diagnosis. Genital ulcers can be infectious or non-infectious. The risk of HIV transmission is increased with genital ulcers. HIV was positive in 72.8% of patients with genital ulcer disease in Nigeria

**Case Report:** A 46-year-old male newly diagnosed HIV patient presented with genital ulcers of 6 months, cough of 2 months, fever, and progressive dyspnea of 3 weeks. Examination revealed multiple painless ulcers with erythematous nodules and warty lesions on the scrotum and penis with painful right inguinal lymphadenopathy. The patient had a biopsy of the genital lesions which confirmed Kaposi sarcoma. Sputum gene X-pert was negative and Chest CT scan showed massive bilateral pleural effusion.

Genital Kaposi sarcoma can occur early in HIV and can masquerade as genital ulcers; therefore, there is a need for a high index of suspicion and thorough investigation to prevent associated morbidity (dissemination) and mortality.

**Keywords:** Kaposi sarcoma, HIV genital ulcers, Skin biopsy.

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## Non-Invasive Evaluation of Retinol Effect on Aging and Pigmentation by in-vivo Multiphoton Microscopy

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In-vivo multiphoton microscopy is a breakthrough skin imaging technique that offers the possibility to characterize non-invasively human epidermis and superficial dermis with sub-cellular resolution. Coupled with specific automatic 3D image processing tools allowing an automatic segmentation of the different skin layers, it provides precise insights on skin structure and constituents. Combined with fluorescence lifetime imaging (FLIM) the quantification method also allows us to specifically detect, quantify, and describe the z-epidermal distribution of melanin in the epidermis. Knowing the importance of epidermal melanin distribution for its DNA protection factor, this method can be applied to physiological pathological or environmental factors-induced pigmentation modulations and to whitening, anti-photoaging, or photo-protection product evaluation. Applications in studies addressing constitutive pigmentation photo-aging, tanning, and retinol-induced melanin modulations will be shown.

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## Localized Bullous Pemphigoid in Two Young Females: A Case Series

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**Background:** Bullous pemphigoid is a chronic autoimmune bullous eruption that is characterized by pruritic, tense sub-epidermal bullae. It commonly affects those aged 60 years and above. It has no gender predilection. It can be generalized or localized.

**Method:** This is a consecutive case series of 2 female patients with localized bullous pemphigoid presenting as recurrent skin rash of more than 1-year duration which were later referred to the dermatology clinic.

**Results:** The patients were both females less than 40 years old who have been having recurrent skin rashes that have been associated with intense itching localized to a unilateral lower limb. The first patient had obvious bullae and ulcers while the second didn't have any obvious bullae. Initial clinical diagnoses did not consider bullous pemphigoid. Punch skin biopsy was done in both cases that revealed histologic features confirming bullous pemphigoid.

**Conclusion:** Clinicians should have a high index of suspicion of bullous pemphigoid even in cases of localized chronic wounds or recurrent ulcers irrespective of the age of the patient.

**Keywords:** Bullous pemphigoid, Chronic, Ulcer, Wound.

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## Case Report on Familial Twenty Nail Dystrophy (Trachyonychia)

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**Background:** Twenty nail dystrophy, otherwise known as trachyonychia is a proximal nail matrix disorder characterized by diffuse homogenous roughness (sandpaper appearance) thin, brittle nails with longitudinal ridging, or less frequently opalescent nails with pits. It may present as idiopathic, familial, or in association with other dermatologic conditions. It is either opaque, shiny trachyonychia, or a combination of both. The condition has been shown to spontaneously resolve within five to six years, but may also persist, as the nail

disorder can be cosmetically disfiguring.

**Case Report:** A 32-year-old female was incidentally discovered in a control group of a study having dystrophy of all twenty nails for the past 20 years. Her siblings had similar symptoms; however, she denied any history suggestive of dermatologic or medical conditions. Physical examination revealed all twenty nails to be dystrophic, opaque lusterless, brittle with longitudinal ridging and rough surface. Other examination findings were unremarkable. A diagnosis of familial trachyonychia was made. Fungal studies were negative. She declined further evaluation and any form of therapy as she had lived with it for 20 years without any concerns.

**Conclusion:** Twenty nail dystrophy, also known as trachyonychia may present as idiopathic, familial, or in association with a dermatologic condition. Diagnosis is clinical. There is no universally accepted treatment regimen and treatment is often based on cosmetic concerns. Spontaneous resolution is possible.

**Keywords:** Twenty nail dystrophy, Trachyonychia

### Case Series of Outcome of Interdisciplinary Approach to Ear Keloids

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**Background:** Keloids are abnormal proliferation of scar tissue that forms at the site of cutaneous injury (including surgical incision or trauma). Keloids do not regress and they grow beyond the original margin of the scar. Keloids are benign dermal fibroproliferative tumors with rare malignant potential. Dark-skinned individuals of African, Asian, and Hispanic descent have higher rates of keloid development compared to Caucasians. Although equal male and female incidence, there is a higher presentation in women with keloids, possibly secondary to cosmetic implications associated with

the disfigurement. Ear keloids are a challenging problem that affects people of different races with substantial aesthetic consequences.

**Case Report:** This article reports three female patients managed between September to April of 2022 on account of an abnormal growth on their ear lobes of varying durations and sizes. In all cases started as a finger breath size, increasing to varying sizes. In two of the cases, there was a positive history of ear piercing and trauma to the ear in the third case. No associated pain, hearing impairment, ulceration, fever, or weight loss. There was no family history of keloid in all three patients. All three patients had surgical care and adjuncts with successful outcomes and follow-up recorded.

**Conclusion:** Keloids are challenging to treat depending on their sizes, shapes, and consistency a combination therapy of reconstructive surgeries and adjuncts might be required for a satisfactory outcome.

**Keywords:** Keloids, Benign, Reconstructive surgery

### The Clinical Pattern and Dermoscopic Features of Hair Loss Among Women in Ibadan North Local Government Area

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**Background:** Hair loss in women of African descent is common. Unfortunately, patients with primary alopecia do not seek help early because they attribute the hair loss to grooming practices. The majority of the data on hair loss in Nigerian women are hospital-based. Often times at clinic presentation hair loss is extensive sometimes at an irreversible phase when diagnosis and treatment are more challenging

**Objectives:** This study aimed to document the clinical and dermoscopic features of the clinical types of hair loss in women in Ibadan and the effect of hair loss on their quality of life.

**Methodology:** This was a cross-sectional study conducted in Ibadan North Local Government. The subjects were interviewed and examined for the

presence of hair loss the pattern of hair loss, and nail and skin changes. The dermoscopic features were documented with the aid of a Dinolite videodermoscope and quality of life was assessed using the Dermatology Life Quality Index (DLQI) questionnaires.

**Results:** Hair loss was found in women of all age groups and 45% of the women with hair loss noticed onset of hair loss between 15 and 35 years in this study. The clinical types of hair loss were traction alopecia (70.1%) female pattern hair loss (14.7%) central centrifugal cicatricial alopecia (8.4%) and lichen planopilaris (3.1%). The clinical pattern showed the frontal region of the scalp was the most commonly affected site. Infrequent hair washing and use of chemical relaxers were higher in women with hair loss. Threading hairstyle was found to cause hair loss four times more than other styling methods.

**Conclusion:** Traction alopecia was the most common type of hair loss in this environment, however, most women with TA did not present to the health care facilities. The quality of life of those with hair loss in this study was not significantly affected.

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### Case Report: Bullous Skin Rash - A Window to the Diagnosis of SLE

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**Background:** Systemic lupus erythematosus (SLE) is a systemic autoimmune disease characterized by the development of autoantibodies to nuclear and cytoplasmic antigens with resultant chronic inflammation. It has protean manifestations and cutaneous lesions are commonly observed. Bullous skin rash is one of the cutaneous findings in SLE with varied aetiology. Bullous pemphigoid is a blistering skin rash that can occur in isolation or overlapping other autoimmune diseases like SLE.

**Case Report:** We report a case of bullous pemphigoid overlapping SLE in a 31-year-old female who presented with a five-day history of generalized blistering skin rash. Bullous rashes developed insidiously and bullae were predominantly intact with

erythematous painful macules on both feet, edematous lips, and oral ulcers. Past medical history revealed recurrent scalp ulcers with hair loss, polyarthralgia, and constitutional symptoms in the 3 years preceding the blistering rash. On examination, she had generalized bullae of varying sizes mostly intact, oral ulcers, erythematous macules on both feet, and scarring alopecia. Lupus antibody serology was in keeping with SLE. Histopathology of skin tissue showed features suggestive of Bullous pemphigoid. She was placed on dapson, steroids, and disease-modifying anti-rheumatic drugs (DMARDs) with remarkable improvement and is currently being followed up in the Dermatology clinic.

**Conclusion:** Bullous pemphigoid overlapping SLE is an uncommon association. Bullous lesions may be the first pointer to a diagnosis of SLE but not all bullous lesions in SLE are attributable to the primary diagnosis.

**Keywords:** SLE, Bullous SLE, Cutaneous lupus, Bullous pemphigoid/SLE overlap

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### Case Report on Sarcoidosis

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**Background:** Sarcoidosis is a multisystem disorder of unknown aetiology characterized by the accumulation of T lymphocytes, mononuclear phagocytes, and noncaseating granulomas in involved tissues-the lungs eyes, lymph nodes, joints, brain, kidneys, heart, and the skin. Cutaneous involvement may be varied and the lesions may appear before the systemic disease, the skin and systemic disease may appear simultaneously and, in some cases, the skin lesions appear after the systemic disease by as much as 10 years.

**Case Report:** We report the case of a 34-year old female Nigerian patient who presented to the dermatology clinic with a one-year history of multiple fleshy coloured papules on the face and hyperpigmented papulonodular rash distributed over

the suprapubic periumbilical, right lumbar and lower back with a history of nonproductive cough and chest discomfort. Skin biopsy showed non-caseating granulomatous infiltrates in the dermis and high-resolution computed tomography scan showed features consistent with Stage 3 Pulmonary Sarcoidosis. The patient is being co-managed by the Respiratory and Dermatology units with Corticosteroids

**Conclusion:** Sarcoidosis is benign with a good prognosis unless there are adverse prognostic factors which include extrapulmonary involvement spontaneous remission may occur and relapses are uncommon.

**Keywords:** Cutaneous sarcoidosis, unknown aetiology. Corticosteroids.

### An Atypical Presentation of Lupus Erythematosus in Middle Age: A Case Report

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**Background:** Lupus Erythematosus is an Autoimmune disorder, characterized clinically by the involvement of only skin disease at one end of the spectrum and several visceral involvements at the other. Although this diagnosis is more common in individuals between 20 and 40 years of age, it can occur in infants and the elderly presenting a case of systemic lupus erythematosus in a 62-year-old patient who presented as a case mimicking drug-induced eruption.

**History:** Mrs. NM, A 62-year-old farmer from Enugu North LG. She presented with a 4-month history of rash on the palmer surface of the left hand which started after being administered Ceftriaxone and Ciprofloxacin on account of anaemia and UTI in a peripheral hospital. The rash subsequently flattened leaving dark spots with scaling of the lesions. She also developed hair loss on the scalp which was progressive until presentation. Skin Examination revealed Erythematous papules on palms, trunk, and limbs with xerosis and scaling. An initial assessment of drug-induced eruptions and alopecia cause was

made.

**Results:** FBC-Significant for anaemia and lymphocytosis, ANA-positive t 5120, ENA-positive for Anti-ds-DNA, Anti-Sm Ribosomal p-protein

**Treatment:** She was commenced on oral steroids and showed remarkable improvement in subsequent weeks Conclusion A diagnosis of systemic lupus in middle age was made. Drug use before skin eruptions was a red herring.

**Keywords:** Lupus, Middle age, Autoimmune, Drug-induced

### Epidermodysplasia Verruciformis in a Young Nigerian Man: A Case Report

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**Background:** Epidermodysplasia verruciformis (EV) is a rare AR disorder associated with high susceptibility to Human papillomavirus (HPV) infection of the skin and the development of skin cancer. Only 501 cases have been reported worldwide as of 2018. It is characterized by the development of flat-topped scaly papules and plaques as well as verrucous rashes throughout life that have a 30-50% chance of malignant transformation.

**Case Report:** A 20-year-old man presented with a history of recurrent scaly/warty rashes on the scalp, face and limbs since infancy. Recently, he developed horn-like projections on his face and an ulcer on his scalp.

On examination, he is not pale, anicterichas sublingual, left axillary and bilateral inguinal lymphadenopathy, oedema of the left leg. Skin examination revealed alopecia/ ulcer on the scalp extending up to the left ear covered in yellowish crust, horn-like projections on the eyebrows, nose, ears, and nail beds. There are numerous verrucous plaques on

the lower limbs and hyperkeratosis of the hands/palms. Systemic examination was essentially normal.

Histology of the skin is suggestive of squamous cell carcinoma on background epidermodysplasia verruciformis. Other investigations were essentially normal.

The patient improved on caps flucloxacillin 500mg tds x 10/7, imiquimod cream trice weekly x 18 weeks IV paclitaxel 135mg/m<sup>2</sup>, and cisplatin 50mg/m<sup>2</sup>. He deteriorated and died after the 6th course of chemotherapy.

**Conclusion:** Epidermodysplasia verruciformis is a rare autosomal recessive condition characterized by increased susceptibility to HPV infection warty skin lesions and high risk of cutaneous malignancy.

**Keywords:** epidermodysplasia verruciformis, rare, autosomal recessive, skin cancer.

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## Cutaneous Manifestations of Childhood Systemic Diseases

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Skin is the largest organ of the body and often discloses the first signs and/or symptoms of an internal disease. The skin and its appendages can, therefore, serve as a diagnostic window to pathophysiologic changes to internal organ systems, most times offering valuable clues to a systemic disease process. Learning objection is to highlight conditions that may have initial or marked skin manifestations, especially to the general practitioners, general pediatricians, and dermatologists.

Cutaneous features may serve as the initial or the most prominent indicator of systemic diseases often allowing earlier diagnosis and appropriate intervention. Studies have shown about 12% of pediatric dermatology consultations are for diagnosis or management of systemic diseases.

Some selected systemic disorders in children seen more in the African setting with initial or signature skin manifestations will be discussed. These

conditions span from the neonatal period up to the adolescent period and range from nutritional problems, rheumatologic conditions, and neurocutaneous conditions, to immunosuppressive conditions.

**Conclusion:** Selected diseases have signature skin findings, often as the presenting signs of illness, that can facilitate the assessment of patients with complex medical problems. This presentation aims to highlight such conditions to practitioners seeing children. It also shows the need for further evaluation both clinically and laboratory so such conditions can be managed properly or referred promptly and appropriately.

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## A 15-Year-Old Girl with Thyroid Dysfunction and Linear Pigmented Purpura

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Linear pigmented purpura is a rare type of pigmented purpuric dermatoses (PPD) that occurs commonly in children and adolescents and it occurs mainly in unilateral distribution. In the past, it was described as quadrantic capillaropathy. It is characterized by petechial purpuric macules and patches that progress and evolve to a golden-brown color. It is usually benign and self-limiting. The aetiology of PPD is unknown but some drugs play a role in its pathogenesis. It can also be associated with systemic diseases like thyroid dysfunction diabetes mellitus, and rheumatoid arthritis. It is a consequence of capillaritis. Clinical presentation is always enough for diagnosis. Linear PPD must be differentiated from the segmental variant of lichen aureus, unilateral nevoid telangiectasia, and angioma serpiginosum.

**Method:** Here we present a 12-year-old girl who has thyroid dysfunction and was referred to a pediatric dermatology clinic at Murtala Muhammad Specialist Hospital with linear pigmented purpura.

**Conclusion:** PPD is a group of skin disorders characterized by red cell extravasation, petechial hemorrhages, dilated blood vessels, and hemosiderin deposition. Most cases are resistant to treatment and relapses frequently thus conservative management

may be considered for asymptomatic patients.

**Keywords:** PPD thyroid dysfunction, Girl

### **A 9-Month Fairytale Gone Wrong: Case Report of Lamellar Ichthyosis in A Nigerian Child**

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**Background:** Lamellar ichthyosis (non-bullous congenital ichthyosis) is a rare genetic dermatosis, mostly inherited in an autosomal recessive fashion, though not life-threatening, its distinctive features are not only distressing to the newborn but poses a challenge to the Nigerian mother owing to their poor understanding of genodermatosis that occurs in this age group. With several case reports documenting its occurrence amongst Nigerian children, its exact prevalence is still unknown.

**Case description:** We herein describe an eight-month-old male infant who presented at the children emergency ward of the University of Uyo Teaching Hospital (UUTH), where he was first diagnosed and managed for lamellar ichthyosis with bilateral ectropion complicated by sepsis and malnutrition.

**Discussion:** This Case underscores the peculiar challenges with the medical management of lamellar ichthyosis, including late presentation, in limited-resource countries.

**Keywords:** Lamellar ichthyosis, Uyo, Social stigma, collodion baby.

### **Role of Bioactive Mineral Compounds for Skin Health**

**Olumayowa Abimbola Oninla, Atinuko Arinola Ajani**

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The skin is in a continuum with the external

environment through the exchange of substances and reception of stimuli whilst protecting against ultraviolet irradiation, mechanical/chemical stress, and infections. To enhance and maintain this interaction, skin health must be ensured. There is growing scientific evidence that healthy skin and its attractiveness are strongly under the influence of nutrition.

The 10 most abundant elements in earth's crust are oxygen 46.1% (most common) silicon 28.2%, aluminum 8.23%, iron 5.63%, calcium 4.15%, sodium 2.36%, magnesium 2.33%, potassium 2.09%, titanium 0.565%, hydrogen 0.140% (most abundant in the universe). These chemical elements are important constituents of the skin. The main types in hair are carbon (45%), oxygen (28%), nitrogen (15%), hydrogen (6.7%) and Sulphur (5.3%); others are Ca, Mg, Sr, B, Al, Si, Na, K, Zn, Cu, Mn, Fe, Ag, Au, Hg, As, Pb, Sd, Ti, W, Mo, I, P, Se while nail contains S, Ca, Fe, Zn, Mn, Cu, PO<sub>3/4</sub>. The skin consists of 70% water, 25% proteins, 3% lipids, and remaining 2% includes minerals, glucosamines, proteoglycans, nucleic acids and other chemicals.

Twelve vitamins (A, D, C, E, K, thiamin, riboflavin, niacin, B6, folate, B12, and choline) and nine minerals (calcium, iron, magnesium, phosphorus, sodium, zinc. Copper, and selenium) are recognized as necessary for optimal skin health. Cosmeceuticals are topical nutrients for nourishing hair and skin. The benefits of topical application of mineral salts are yet to be fully exploited and will be elucidated.

### **Dermoscopic Features of Urticaria Pigmentosa in a Nigerian Child: A Case Report**

**Anaje Chetanna C, Ezejiofor OL, Enechukwu NA, Okpala C**

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Cutaneous mastocytosis (CM) is a rare benign proliferation of mast cells in the skin with various subtypes. These include urticaria pigmentosa (UP) (most common), mastocytoma of the skin, diffuse cutaneous mastocytosis, and telangiectasia macularis eruptive perstans (TMEP). Urticaria pigmentosa presents with red-brown macules, papules, and plaques often located on the trunk, back, and thighs. Lesions of UP, although non-melanocytic may be

confused with melanocytic lesions, such as melanocytic nevus and melanoma. Dermoscopy can serve as a useful tool for screening melanocytic and non-melanocytic lesions. We present a two-year-old girl with several hyperpigmented lesions resembling multiple congenital nevus which turned out to be UP.

**Case Synopsis:** A 2-year-old child presented with multiple hyperpigmented lesions 3 months after birth. These lesions were initially noticed on her neck as reddish patches but later darkened. Similar lesions later developed on her arms, legs, trunk, back, and face with affectation of the palms and soles. There was no family history of similar lesions or associated systemic features.

Skin examination of the child showed multiple light brown macules and plaques on the affected areas. Darier's sign was negative. Dermoscopy showed a dark brown pigment network on a reddish background. A punch biopsy was done which revealed infiltration of the papillary dermis by inflammatory cells that have abundant eosinophilic cytoplasm (mast cells). Full blood count results were normal.

**Conclusion:** Dermoscopy is useful in distinguishing between urticaria pigmentosa (non-melanocytic) and melanocytic mimics.

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### A Case of Patch Stage Mycoses Fungoides Man-Aged with Phototherapy

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Early diagnosis and treatment of Mycoses Fungoides, with narrow band UV phototherapy, gives long-term remission.

We present a 45-year-old businesswoman who presented with a 16-year history of scaly macules which started on the thighs, occasionally itchy, not painful with no rash, now spreading to the trunks. No history of weight loss or cough. A diagnosis of seborrheic dermatitis was entertained full blood count, liver function and kidney function tests were normal. ESR was slightly elevated, first skin biopsy done reported a diagnosis of seborrhoeic dermatitis Patient was managed accordingly but with no improvement in symptoms.

A second skin histology report sent to Alabama

Pathology (USA) showed mycoses fungoides. The patient subsequently had narrow-band UVB with a segmental phototherapy machine. The patient has been in remission now for 2 years.

**Keywords:** Mycoses Fungoides, Patch stage Phototherapy

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### Lipid Markers of Dry Skin in African Women

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**Introduction:** African women complain of dry body skin and often apply moisturizers more than once a day. The reason for this habit remains unclear, as there are few research studies on skin in Africa. Some studies suggest that terminal epidermal differentiation may be different in heavily pigmented skin. Our aim was to determine if ceramides, which are known to play a role in other ethnic groups are also associated with dry body skin in African women.

**Materials and Method:** Two groups of healthy females, phototype V-VL aged 20-50 years were recruited for the study. Skin dryness was measured on the logs with a corneometer, and a trained clinician determined the clinical score of dryness with an atlas. Volunteers who had a corneometer score <40 a.u. and a dry leg score  $\geq 3$  were included in the dry skin group (n=29). Volunteers in the normal skin group (n=29) had a corneometer score  $\geq 40$  a.u. and a dry leg score  $\leq 1$ . Samples were collected from the calf with D-squame strips. Lipids were analyzed by UPLC coupled with Orbitrap High-Resolution Mass Spectrometry.

**Results:** A significantly reduced ratio of ceramide to cholesterol was observed in the dry skin group. The ratio of the four most abundant ceramide families (CERINH, CERINP) CERIAH CERiapD) to cholesterol was significantly lower in the dry skin group, Ceramides with long chains were also found to be significantly less abundant in dry skin. Those

differences in ceramide content have significant implications for the skin's ability to retain water.

### Sensitive Body Skin in African Women

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**Introduction:** Sensitive skin is a recently described complex phenomenon where unpleasant sensations are felt in response to stimuli that normally should not provoke such sensations. Studies on sensitive skin usually focus on facial skin but consumer studies show that body skin also plays a central part in the cosmetic routines of African women.

The objective of this study was to understand the factors associated with body skin discomfort in women from 5 different African countries.

**Methods:** 4244 interviews were conducted in the Ivory Coast, Nigeria, Kenya, Ghana, and South Africa. Participants were black women, aged 18-45 years, belonging to social classes A to D. The questionnaire included questions on skin and hair, frequency and intensity of skin reactions to various situations, discomfort sensations felt on face, body, and scalp, lifestyle, cosmetics routines, and environment. This work focuses on the questions that were specific to the body's skin.

**Results:** Signs of body skin sensitivity were displayed by 43.2% of African women. Three profiles with different types of sensitive body skin were identified: a group with skin reacting mainly to stress, a group reacting mainly to cosmetics, and a group reacting to a large variety of triggers. Culture and climate also appear to influence the clustering; if there are large differences between countries or even cities within a Country. The sun appears to be an important trigger even in women with dark phototypes. Most women

consider their body skin as somewhat dry and use moisturizers daily, but sensitive body skin is not associated with dryness.

### Sensitive Facial Skin in African Women

S. Connétable<sup>1</sup>, O. Dufour<sup>1</sup>, A. Tazé<sup>1</sup>, L. Jouffe<sup>2</sup>, V. Hourblin<sup>1</sup>, P. Sewraj<sup>3</sup>, A. Bognounou<sup>4</sup>, D. Fajuyigbe<sup>5</sup>, M. Verschoore<sup>5</sup>, R. Jourdain<sup>1</sup>, S. Nouveau<sup>1</sup>

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**Introduction:** Sensitive skin is a recently described complex phenomenon where unpleasant sensations are felt in response to stimuli that normally should not provoke such sensations. Although sensitive skin has been assessed in many parts of the world, nothing was known so far on its prevalence in Africa. The objective of this study was to unveil the prevalence and the factors associated with sensitive skin in women from 5 different African countries.

**Methods:** 4244 in-home interviews were conducted in two major cities in Côte d'Ivoire, Nigeria, Kenya, Ghana, and South Africa. Participants were black urban-dwelling women, aged 18-45 years, consumers of cosmetics in general, and belonging to social classes A to D.

The questionnaire contained questions on skin and hair descriptors, frequency and intensity of skin reactions to various situations, discomfort sensations felt on the face, body, and scalp, lifestyle, cosmetics routines, and environment. This work focuses on the questions that were specific to the skin of the face.

**Results:** The prevalence of subjective sensitive skin in African women was comparable to the value previously observed in other countries. The most described triggers of facial skin reactions were chemical or, to a lesser extent, environmental. The sun can also cause discomfort for women with dark yet sensitive skin. Better photoprotection, improving the general quality of cosmetics products and

providing access to good quality water are important factors to prevent or soothe the discomfort of sensitive skin in Africa Sensitive skin is not dry skin, however, and hydration does not appear crucial.

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### Characteristics and Triggering Factors of Scalp Discomfort Sensations in African Women

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**Introduction:** Sensitive skin is a recently described complex phenomenon where unpleasant sensations are felt in response to stimuli that normally should not provoke such sensations. Although sensitive skin has been mainly described on the face, epidemiological studies have revealed that this phenomenon can also concern other locations such as the scalp. The objective of this study was to unveil the prevalence and the factors associated with sensitive scalps in women from 5 different African countries: Côte d'Ivoire, Nigeria, Kenya, Ghana, and South Africa.

**Methods:** 4244 interviews were conducted in Ivory Coast, Nige ria, Kenya, Ghana, and South Africa. Participants were black women, aged 18-45 years, belonging to social classes A to D. The questionnaire included questions on skin and hair, frequency and intensity of skin reactions to various situations, discomfort sensations felt on face, body, and scalp, lifestyle, cosmetics routines, and environment. This work focuses on the questions that were specific to the scalp.

**Results:** Overall, 29% of the study participants declared their scalp to be sensitive. The prevalence of self-declared sensitive scalp was very varied across the continent. Large differences were observed between the two cities that were surveyed in South Africa. A sensitive scalp is strongly associated with hair styling (braiding, relaxing, coloring) and cleaning routines (inadequate rinsing, frequency of use, product). As for skin, the main environmental trigger is the sun.

Itching is the most frequently perceived unpleasant sensation, even in women who do not usually present with dandruff. A dry scalp was found to be associated with scalp sensitivity.

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### Spectrum of Skin Disorders among Children Attending the General Outpatient Clinics of Federal Medical Centre Lokoja

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**Background:** Skin disorders are common in children and their prevalence varies with location. Epidemiological studies are therefore important in identifying the dermatological needs of children in an environment. This study was carried out to determine the spectrum and prevalence of skin disorders of primary and secondary presentation among children.

**Methods:** This cross-sectional study involved 2,725 participants recruited consecutively and examined for skin disorders irrespective of their reason for presentation. Socio-demographic data were collected. Skin disorders word mainly diagnosed clinically with relevant laboratory investigations as indicated.

**Results:** Three hundred participants had skin disorders giving a prevalence of 110% There were 305 skin diagnoses made. Skin disorders occurred mostly among males 176 (58.7%) and children less than 2 years 102 (34.0%). Skin infections and infestations were the predominant category 134 (43.9%) and fungal dermatoses were the most common 62 (47.6%). The common specific skin conditions were tinea capitis 47 (17%), seborrheic dermatitis 26 (10%), papular urticaria 23 (0.8%), and chicken pox 17 (0.6%). Among the 305 skin disorders, over a third 99 (325%) were of secondary presentation with fungal skin infections 20 (20.2%) being the most common. Primary presentation was more common among females (p=0.005) and showed increased prevalence among those of higher social status p-0.034).

**Conclusions:** Skin disorders occurred frequently

among the children studied with a predominance of tinea capitis. Seborrheic dermatitis popular urticaria and chicken pox were also common. Knowledge from this study could help plan educational programs for health care practitioners with the aim of improving the identification and treatment of common skin diseases in children.

## Generalized Eruptive Syringoma in a Nigerian Woman

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**Introduction:** Generalized eruptive syringomas are a very rare variant of syringoma that appear on the chest, neck, abdomen, upper and lower arms, thighs, legs, and back. They often affect adolescent or post-adolescent females although cases have been described in children and older adults. The rarity of the condition and the large differential diagnoses may pose diagnostic challenges to clinicians.

**Objective:** We report the case of a 20-year-old Nigerian woman who presented with generalized eruptive syringoma and briefly discuss the differential diagnoses.

**Case report:** A 20-year-old otherwise well, Nigerian woman presented with a 4-year history of large numbers of rapidly appearing asymptomatic skin lesions on her neck, abdomen upper back, upper and lower arms, thighs, legs, and axillae. There was no family history. On examination, she had innumerable, symmetrically distributed, 1-3 mm brown flat-topped discrete to confluent papules on her chest, neck, abdomen, and upper and lower limbs (Figure 1a, 1b and 1c), forehead, upper back, and eyelids or cheeks. General clinical examination and basic laboratory tests were normal. Histological examination showed numerous well-circumscribed epithelial cords embedded in a collagenized upper dermis, which in many instances formed small ducts. A one-to-two layer of flattened to cuboidal cells with eosinophilic cytoplasm and regular nuclei with no

nucleoli or mitoses lined several ducts whose outer layer occasionally extended to form the comma-shaped or tadpole tail typical of syringoma (Figure 2). Oral isotretinoin taken for three months did not have any effect on the lesions.

**Conclusion:** Generalized eruptive syringoma is a very rare skin condition with a large clinical differential diagnosis but histological examination diagnostic. Treatment has generally been disappointing.

**Keywords:** Eruptive

## Emesis-related Paroxysmal Periorbital Petechiae: A Case Report

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**Background:** Facial rashes are common in clinical practice and are often very distressing for affected individuals due to embarrassment and frustration. The aetiology of facial rash is multifactorial and, in some cases, may be triggered by vascular pressure changes in the head and neck leading to dermal capillary rupture manifesting as lesions ranging from petechiae to florid facial purpura.

**Case Summary:** We report the case of a 38-year-old lady who was referred to the dermatology service with a 5-year history of quarterly paroxysms of periorbital rash. This followed episodes of vomiting and resolved completely within days. This was initially attributed to food allergy and had been extensively investigated for allergies and autoimmune diseases with negative results. She had also developed food aversion and anxiety. Dermoscopy confirmed those non-blanching pinpoint periorbital lesions as petechial rash. This was linked to high facial intravascular pressure associated with severe vomiting episodes. Symptoms improved with reassurance and addressing the cause of vomiting.

**Conclusion:** Although uncommon, acute facial petechiae due to increased venous pressure within the

head have been reported with vomiting and exorcise. This Case highlights the possibility of this condition going unnoticed for years or being misdiagnosed as an allergy. Delayed diagnosis may lead to psychological problems.

**Learning Points:** Dermoscopy and good history-taking can aid diagnosis of the above condition. While there was no report of domestic abuse in this patient, evidence of neck bruising from pressure should be sought in young females presenting like this.

**Keywords:** Petechiae, Emesis-related periorbital petechiae, Facial, Purpura

and to the trunk in 9/34 (26.5%). Mucosal involvement was noted in 6/34 (17.6%) and lymph node involvement in 2/34 (5.9%). Lesions were papulonodular in 33/34, (97%) of Cases; they were associated with edema in 28/34 (82.3%) with shielding in 12/34 (35.3%); ulcerated nodules were noted in 4/34 (17%) and a verrucous appearance in 4/34 (17%). The evolution under treatment was favorable in the majority of cases, with an objective response in 30/34 (88.2%) of cases, including complete in 23/34 (67.6%) cases.

**Conclusion:** Endemic KS appears to be rare in Guinea. Those are often aggressive forms but respond well to chemotherapy.

**Keywords:** Kaposi sarcoma, Endemic, Guinea.

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### **Endemic Kaposi Sarcoma in Conakry: Socio-Demographic, Clinical and Outcome Profile**

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**Background:** Kaposi sarcoma (KS) is an angioproliferative tumor involving the skin and mucosa. There are four clinical variants: Classic KS, African KS, Immuno- immuno-suppression-associated KS, and AIDS-associated KS. In sub-Saharan Africa, KS remains the most common tumor in AIDS. However, so-called African KS or endemic KS are also observed. The objective of this study was to describe the socio-demographic and clinical characteristics and the outcome of endemic KS.

**Methods:** This was a cross-sectional study from 2012 to 2022 covering all cases of KS observed in the Dermatology department of Donka University Hospital in Conakry. The study consists of identifying and documenting all endemic KS seen during the study period. The diagnosis of KS was clinical and histopathological.

**Results:** During the study period, we collected 34/653 (5.2%) cases of endemic KS. The sex ratio was 3.8. The average age was 45.5 years. Clinically, the lesions were localized to the limbs in 32/34 (94.1%)