



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

RECURRENT ERYTHEMA MULTIFORME: CLINICAL-EPIDEMIOLOGICAL CHARACTERISTICS AND A THERAPEUTIC PROPOSAL BASED ON A SERIES OF 31 CASES IN A BRAZILIAN REFERRAL CENTER

N F D Oliveira⁽¹⁾ - D Miyamoto⁽¹⁾ - C W Maruta⁽¹⁾ - V Aoki⁽¹⁾ - C G Santi⁽¹⁾

University Of São Paulo Medical School, Dermatology, São Paulo, Brazil⁽¹⁾

Introduction: Recurrent erythema multiforme (REM) is a long term disease with repetitive crises frequently leading to important morbidity and configuring a therapeutic challenge.

Objective: To evaluate the clinical-epidemiological features and the therapeutic response of patients with REM.

Materials and methods: 31 patients with REM were retrospectively analyzed between January 2000 to December 2017 at the Department of Dermatology of the University of São Paulo Medical School; diagnosis was confirmed through clinical examination and histopathology.

Results: There was a female predominance (67.7%). The mean age at onset of symptoms was 34.7 years and the mean clinical follow-up was 7.1 years. Patients selected with REM had at least 3 previous outbreaks before treatment, and an average of 0.9 outbreaks per year thereafter. 96.7% had positive herpes simplex IgG serology and 26.6% had clinical herpes lesions. Skin was the most affected site in 90.3% of patients, followed by oral mucosa in 74.1%. Treatment was performed with oral acyclovir in 93.5% of the patients, 27.5% of whom presented partial response and needed adjuvant medication, mainly dapsone or thalidomide. Better response was observed in those treated with longer cycles of acyclovir and subsequent gradual tapering. 60% of the patients required more than one treatment cycle and 33.3% more than 2 treatment cycles.

Conclusion: The etiology of REM related to herpes simplex is hardly detected, but the high success rate for acyclovir treatment suggests it as one of the possible causes. We observed that all patients that were treated with oral acyclovir showed at least partial response. Complete remission was achieved in 96,7% of the patients with adjuvant drug therapy, thus suggesting that treatment associations may enable better disease control.

