



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

URTICARIAL DERMATITIS: DISEASE CHARACTERISTICS AND LONG-TERM OUTCOMES

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Background: Urticarial dermatitis, term coined by Kossard in 2006, is used for a subset of patients who present with very pruritic longstanding both eczematous and urticarial eruption which lasts for more than 24 hours and do not meet criteria for other known dermatological conditions. In the published case series, majority of patients were refractory to topical steroids and antihistamines and only systemic immunomodulators showed benefit.

We initially reported a case-series of 14 patients with this condition in 2014. Demographics and disease characteristics as well as treatment response had similarities with previously reported case series. We designed a new study to monitor for long term outcome of those patient since natural course of the condition remains obscure.

Observations: The study group comprised of 14 patients, average age was 68 and M:F ratio was 1:2.5; significant comorbidities included autoimmune diseases in 3 patients and colon cancer in one patient (cancer was discovered during work-up for dermatitis). Majority of patients required systemic immunosuppressants. 2 of 3 patients with long-term data (4 years of follow-up), diagnosis remains the same and they are doing well on low dose of methotrexate. One patient was re-biopsied since rash changed its appearance and biopsy showed cutaneous mucinosis. This patient also had positive ANA 1:640.

Key message: Urticarial dermatitis is a condition which was observed and reported by several groups from different countries; condition which affects significantly patient's quality of life and can be very challenging to diagnose and to treat. However, little is known about natural course of the condition, comorbidities and choice of first-line therapies. The aim of this report is to raise awareness for this condition and report long-term outcomes which were observed in our facility.

