ABSTRACT BOOK

ABSTRACTS

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PRURITUS

THE AQUAGENIC PRURITUS IN POLYCYTHEMIA VERA: CLINICAL CHARACTERISTICS

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Introduction: Polycythemia vera-associated pruritus and more specifically aquagenic pruritus (AP) is characterized by the development of intense itching sensation without observable skin lesions and brought on by contact with water of any temperature. Although AP is recognized as the most excruciating aspect of polycythemia vera (PV), the knowledge about its pathophysiology and precise character is still vague.

Objective: This study was undertaken to analyze clinical characteristics of AP among PV patients.

Materials and Methods: The study group consisted of 102 patients with molecularly confirmed PV. Demographic data, data on disease history, PV status and treatment modalities were collected. Moreover, various clinical features of AP (including intensity, localization, quality, descriptors) and the most common factors responsible for its aggravation or alleviation were examined.

Results: AP was observed in 41.2% individuals. The mean duration of AP was 6.6±8.6 years and its onset was noticed in the majority of sufferers before the PV diagnosis (52.4%). The mean AP intensity was assessed as 4.8±1.9 points (visual analogue scale). One third of patients with AP avoided any contact with water. Antipruritic treatment was received only by 3 patients. Sleep disturbances were observed among 16.7 % patients with AP.

Conclusions: AP seems to be an important but frequently neglected symptom in PV sufferers. The findings of our study have provided additional information regarding the characteristics of aquagenic pruritus in polycythemia vera, especially in terms of sensory and affective dimensions of the itching sensation.

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