



SKIN MANIFESTATIONS OF INTERNAL DISEASE

MUCOCUTANEOUS MANIFESTATIONS IN COURSE OF CELIAC DISEASE : A CLINICAL STUDY OF 280 PATIENTS

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Background: Dermatological manifestations in course of celiac disease (CD) are increasingly reported. Most of these associations may be not a simple random; moreover the gluten-free diet (GFD) could have a positive effect on their evolution.

Objective: The purpose of this study is to describe the main dermatological manifestations observed during CD and to determine the role of GFD on their evolution.

Materials and Methods: This is a prospective study spread over the year 2017 including 280 patients followed for CD. The diagnosis of associated skin or mucosal manifestation was based on clinical arguments and specific examinations.

Results: 52.5% had at least one associated dermatological manifestation. Nail and hair disorders as weakness or hairloss were found in 26.53%. Oral cavity disorders including glossitis and aphthous stomatitis were present in 9.86 % of cases. Pruritus and xerosis were found in 3.4%. 2.04% of patients had lichen planus. Dermatitis herpetiformis was found in 1.36%. Alopecia areata and rosacea were found in a proportion of 1.7 % for each. Acne, chronic urticaria, eczema, psoriasis, erythema nodosum and vitiligo were present in 1.02%. The other associations found were frontal fibrosing alopecia (0.68%), angioma (0.68%), atopic dermatitis (0.34%) and Behçet's disease (0.34%). Mucosal, nail and hair disorders (except alopecia areata and frontal fibrosing alopecia) were treated by GFD only. An improvement was noted in 97.14% of cases. For all other diseases the GFD was associated to specific treatment.

Conclusion: Several dermatological manifestations could be associated with CD. Nail and hair disorders are frequent and show a good response to GFD. Mucosal manifestations are also common and in the majority of cases GFD is a sufficient treatment. It is important to emphasize that sometimes the only manifestation of CD is dermatological. The early recognition of these associated skin diseases may facilitate the diagnosis of CD.

