



Fundación para la Investigación en Dermatología

Clinical characteristics and comorbidities in patients with seborrheic dermatitis in a dermatological center in Bogotá, Colombia

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Introduction

Seborrheic dermatitis (SD) is a chronic inflammatory disease presenting clinically as erythematous patches and/or plaques with localized scaling in seborrheic areas and folds. It has a prevalence of 3-10% in adults being more frequent in males than in females. SD has two peaks of presentation: an infantile one (first 2 weeks of life, up to 12 months) and an adult form, between the fourth and sixth decade of life. Additionally, it has been related to some diseases such as HIV, neurological and psychiatric diseases. Our objective with this study is to make a clinical and epidemiological characterization of patients with DS in a dermatological center in Bogotá, Colombia.

Materials & Methods

We carried out a cross-sectional descriptive study of 395 patients diagnosed with seborrheic dermatitis between January 2018 to March 2021 in a dermatological center in Bogotá, Colombia. We analyzed age, sex, phototype, health care regime, affected areas, presence of other dermatoses and comorbidities. Statistical analysis was performed in Microsoft® Excel.

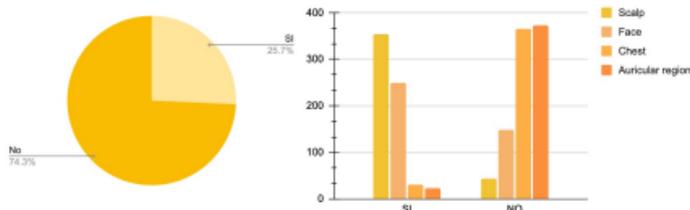


Figure 1. Hair loss in patients with SD

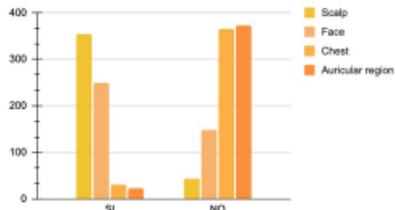


Figure 2. Anatomical localization of SD lesions

Results

Of 395 patients, 60.8% (n=242) were women. Mean age was between 45-64 years old, 74.0% (n=294) of the patients were phototype 3.8% (n=302) belonged to the contributive health care regime. The most frequently affected areas were the scalp in 88.7% (n=354) of the patients, followed by the face (63.0%), chest (7.8%), eyelids (7.3%) and auricular region (6.0%); also 25.8% (n=122) presented with hair loss. As to 38.8% (n=155) of the patients had concomitant dermatoses including rosacea, acne or atopic dermatitis. Regarding comorbidities, 18.0% (n=72) of the patients had endocrine disorders, the most common were hypothyroidism and type 2 diabetes, 14.0% (n=56) of the patients had cardiovascular disease being the most common hypertension and heart failure, 10.5% (n=42) had allergic rhinitis, 9.0% (n=36) had neuropsychiatric disorders as anxiety and depression, 8.3% (n=33) had gastrointestinal disorders and 1.3% (n=5) had HIV.

Conclusion

The results of the study showed a higher prevalence in women, contrary to what has been reported in the literature, possibly due to a difference in the perception of the disease between the two genders. Additionally, the most frequent age of presentation was between the 4th-6th decade of life and the most involved anatomical area was the scalp, which coincides with current evidence. It is important to note that our dermatological center is located at an altitude of 2,630 meters above sea level, which has been shown in some studies to trigger the disease, due to high exposure to UV radiation. In relation to the associated comorbidities we found cardiovascular diseases, neurological and endocrinological diseases within which diabetes plays a predominant role. In addition, HIV was present in 1.2% of the patients, close to the 2% described in the literature. Finally, it can be seen that the most prevalent dermatological comorbidities were rosacea, acne and atopic dermatitis, diseases that share similar pathophysiological mechanisms.

References

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