

RELATIONSHIP BETWEEN TYPES OF FACIAL PSORIASIS WITH DLQI AND SEVERITY OF PSORIASIS: A STUDY

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ABSTRACT: Psoriasis is a chronic papulosquamous disorder involving any skin site. Involvement of exposed areas is associated with significant stigma. Facial involvement in psoriasis causes considerable cosmetic imbalance and psychosocial stress to the affected individual. Facial psoriasis has been described as severe psoriasis.

KEYWORDS: DIQL facial psoriasis centro facial periorofacial.

INTRODUCTION: BACKGROUND: Psoriasis is a chronic papulosquamous disorder involving any skin site. Involvement of exposed areas is associated with significant stigma. Facial involvement in psoriasis causes considerable cosmetic imbalance and psychosocial stress to the affected individual.^[1,2] Facial psoriasis has been described as a harbinger of more severe psoriasis.

OBJECTIVE: To classify facial psoriasis and evaluate clinical characteristics according to the distribution of facial psoriatic lesions, and to evaluate the DLQI in facial psoriasis patients.

METHODS: Patients with facial involvement who presented to our psoriasis clinic were enrolled in this study. Relevant details of onset of psoriasis, family history, history of treatment like phototherapy, systemic therapy and hospitalization. Severity of psoriasis on body, face and scalp were recorded. Patients were grouped according to the types. Patient was evaluated with a Dermatology Life Quality index questionnaire. (DLQI).

Inclusion Criteria:

- Patients with facial psoriasis above 15 years.
- Psoriasis patients of both sexes will be evaluated.
- All new cases as well as old cases of facial psoriasis.

Exclusion Criteria: All psoriasis patients who are handicapped or having other chronic debilitating conditions or other associated chronic skin disorders extending to the face were excluded.

RESULTS:

- The mean DLQI score was 15. There was significant relationship between DLQI scores and gender.
- The peripherofacial type (PF) and mixed type were more common than the centropacial type.
- Incidence of nail involvement was more in centropacial type.
- Centropacial involvement might be a sign of severe psoriasis.
- Mean DLQI was highest in mixed pattern and lowest in peripherofacial.

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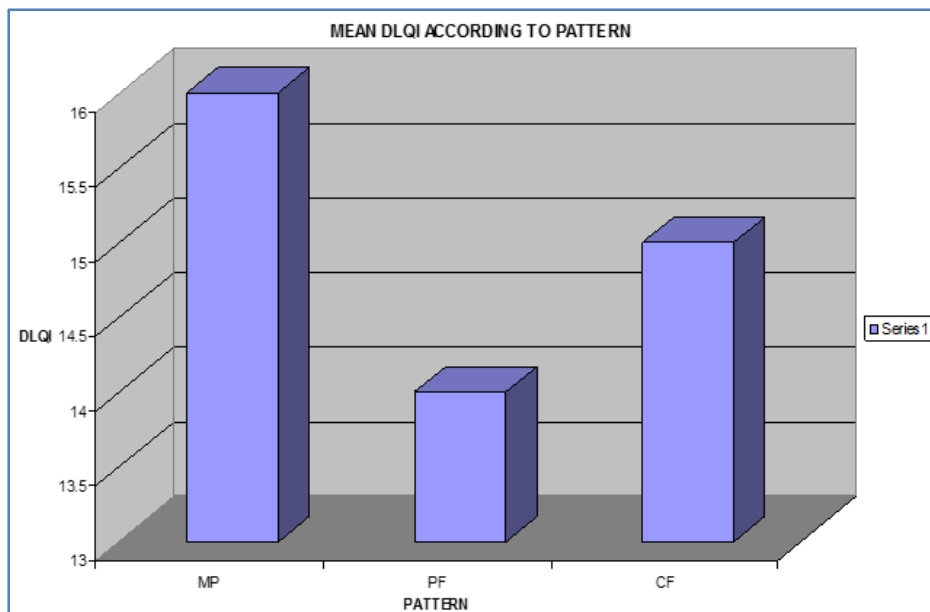
CONCLUSION: Facial psoriasis can be grouped into 3 types Periphero-facial involvement may be consequence of severe scalp psoriasis, whereas centrofacial type might be a marker of severe body psoriasis. DLQI in facial psoriasis showed significant effect of centrofacial involvement on the psyche of the patient. Psychological counselling and support in addition to the psoriasis treatment may vastly improve the outcome in these patients.

DISCUSSION:

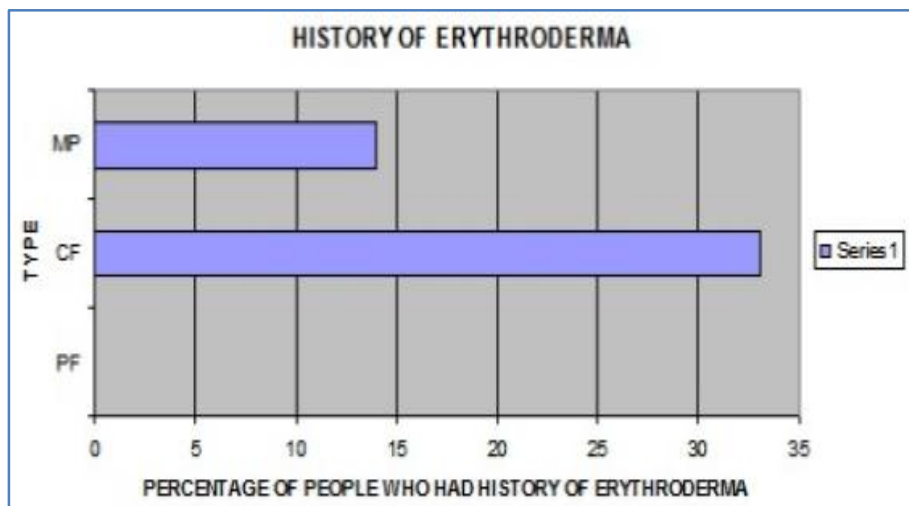
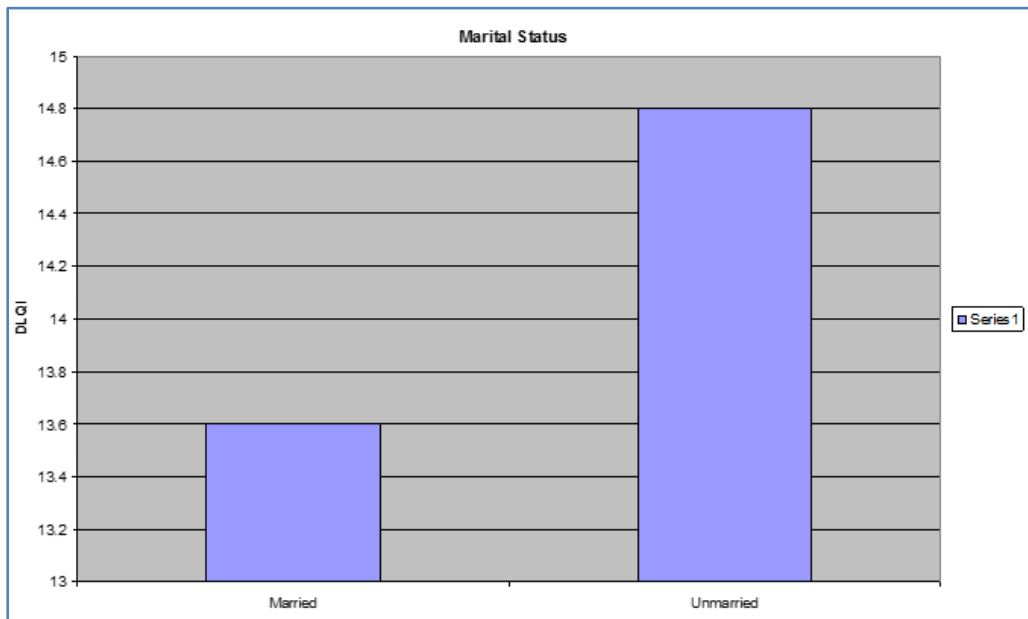
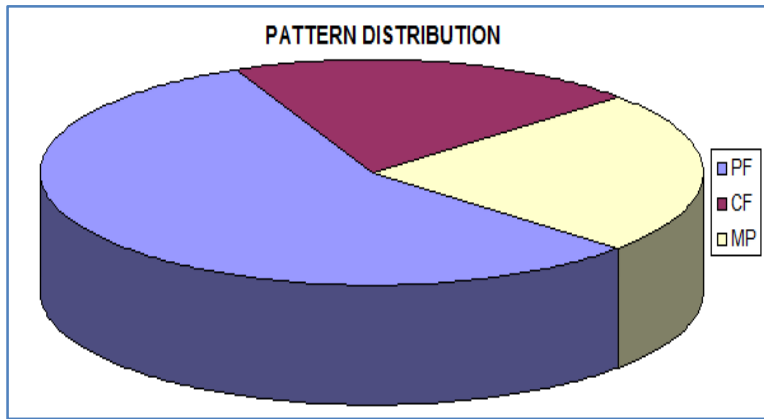
- Psoriasis is a common chronic inflammatory skin disease that may involve any skin site.
- In particular, psoriasis on the face gives rise to considerable concern because of associated cosmetic problems and psychosocial distress.^[3]

Facial psoriasis can be categorized into 3 different types according to facial lesion distribution:

- Peripherofacial type (PF) (Upper forehead and/or periauricular lesions).
- Centrofacial type (CF).
- Mixed type (MP).^[4,5]
 - Peripherofacial involvement might be a consequence of severe scalp psoriasis.
 - Centrofacial involvement might be a marker of severe body psoriasis.
 - Facial involvement in psoriasis has received little attention in standard descriptions of the disease because the face has long been thought of as rarely involved.
 - This study concludes that psoriasis with facial involvement has a significant negative impact on patient's quality of life.
 - The magnitude of this can be influenced by variables like age gender marital status and duration of disease.
 - It is very important to evaluate quality of life of psoriasis patient having facial involvement before making therapeutic decision.^[6]



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PATIENTS WITH FACIAL PSORIASIS





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