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Scientific Tracks & Abstracts (Day 1)



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Efficacy and safety of combination therapy in androgenetic alopecia: Randomized uncontrolled evaluator blind study

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Introduction & Aim: Early age of onset for baldness has marked psychological impact on personality. Combination therapies have better efficacy than monotherapy in androgenetic alopecia. Although medical, surgical treatment and cosmetic aids are available for treatment of pattern baldness, medical is first preferred line of treatment. Although only 5% topical Minoxidil is USFDA approved, 10% is available in India since 2007. Efficacy of tablet Finasteride is well established in male pattern baldness. 5% topical Minoxidil is effective and safe in female pattern baldness. There is a role of saw palmetto in regrowth of scalp hair. With this background research was undertaken to study efficacy and safety of topical Minoxidil 10%+Finasteride tablet (1 mg)+dermaroller in male pattern baldness and topical Minoxidil 5%+Saw palmetto capsule (320 mg)+dermaroller in female pattern baldness.

Methods & Materials: It is a randomized uncontrolled evaluator blind study consisting of total 21 patients, 15 of male pattern baldness and 6 of female pattern baldness within 20-35 years of age were enrolled. Male patients had Hamilton grade 2-4 MPB and females had Ludwig grade 2 FPB. Male patients were treated with tablet Finasteride 1 mg once daily+10% topical Minoxidil 1 ml twice daily for 6 months. Female patients were treated with capsule Saw palmetto 320 mg once daily+5% topical Minoxidil twice daily for 6 months. In both male and female patients dermaroller therapy was used once in 10 days for 4 sittings followed by once in 15 days for next 5 months. Blood pressure and possible side effects were monitored in every follow up visits. Pre and post treatment photographs were taken. Assessment of hair growth was done at baseline and at the end of 6 months. Patients' satisfactory grading scale and physician assessment of hair growth scale were used to assess the results. TrichoScan was done for assessment of hair-shaft diameter and density. Pre and post treatment photographs and TrichoScan hair growth analysis (by diameter and density) was done by physician (dermatologist) not directly involved in this study (evaluator blind).

Result: This combination therapy showed moderate response in female pattern alopecia and good to excellent results in male pattern alopecia at the end of 6 months. During therapy none of the patients showed side effects like hypotension, headache and loss of libido, hirsutism. Mild irritation due to crystal deposition was noted by 3 patients.

Conclusion: Effective and early treatment using combination therapy with higher percent of Minoxidil for rapid hair growth is necessary in initial period since it will boost up the self-confidence in patients leading to better treatment compliance. Subsequent maintenance of hair growth can be done with lower concentration. No significant side effects with treatment are observed in both groups of patients.

Biography

Shivani Dhande is currently a MD Dermatology Resident in Datta Meghe Institute of Medical Sciences (DMIMS), Wardh, India. She is interested in medical, clinical as well as cosmetic dermatology researches.

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Impact of vitiligo on psychosocial and mental health status of patients

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Introduction: Vitiligo is a chronic pigmentary disorder, influencing the patient's quality of life (QoL) and psychological well-being. The purpose of this study is to compare VitiQoL and DLQI and to analyze its psychosocial burden.

Materials & Methods: A prospective study of 100 vitiligo patients, attending the skin OPD over a period of 1 year was carried out. Detailed history and clinical examination was done. Patients were explained about VitiQoL and DLQI questionnaire and were asked to fill the proforma for the same. Scoring was done and data was statistically analyzed. Patients less than 16 years of age were excluded.

Results: 65% of the patients had stable vitiligo whereas 35% of the patients had unstable vitiligo. 49% of patients had lesions on exposed and unexposed parts, 35% had lesions on the exposed parts and 16% had on the unexposed parts. The mean score for VitiQoL is 37.23 ± 23.66 and for DLQI score is 7.05 ± 5.84 . The prevalence of psychiatric morbidity was 30%. The mean score for Beck's depression inventory is 13.5. The mean score for state anxiety is 60.02 and for trait anxiety is 60.25. Positive correlation was found between VitiQoL and DLQI and this correlation was found statistically significant ($p < 0.05$).

Conclusion: In conclusion, vitiligo has profound effects on the quality of life of patients. In our study, anxiety and depression scores of females were elevated as compared to males. The findings of present study will hopefully create awareness among concerned persons and combined approach of management between psychiatry and dermatology departments can definitely improve quality of life of the affected individuals.

Biography

Li Kaicheng has completed his PhD in 1998 from Huazhong University of Science and Technology. He is the Professor of Huazhong University of Science and Technology and mainly focuses on research on electromagnetic measurement, power quality analysis and control, electronic transformer, intelligent instrument, etc. He teaches courses such as signals and systems, sensors and automatic measurement, weak signal detection and so on. He has published more than 100 papers and obtained 10 patents and 5 government awards.

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17th WORLD DERMATOLOGY CONGRESS

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Kimura disease: Rare manifestations in unusual populations

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Kimura disease (KD) is a benign, rare and chronic inflammatory disorder with an angiolymphatic proliferation of unknown etiology involving subcutaneous tissues, affecting a population sporadically. It is most common in middle-aged Asian men, as it is endemic in China and Japan. Herein, we present a medically free 40-years old Saudi female with unusual clinical, radiological and histopathological manifestations of KD presented with extended facial swelling from the right to the left cheek with a bluish and firm mass in the center of the hard palate. Additionally, a solitary soft lymph node swelling was found in the anterior triangle of the neck. CT scan of the head and neck showed an area of nodularity and fat stranding in the left lower cheek. Histologically, hyperplastic changes of lymphatic tissues were viewed. Treatment with Prednisolone showed transient improvement, thus Cyclosporine was suggested since it has a significant potential in decreasing the recurrences and the flare-ups of KD. Adequate reporting and documentation of those cases in the literature are strongly required to establish clear guidelines for the diagnosis and management of KD among Middle-Eastern population.

Biography

Aljoharah A Alshaikh is a Medical Intern. graduated from Alfaisal University in 2017. She is one of the Head organizers of Alfaisal University Dermatology Club and a Member of The Saudi Society of Dermatology and Dermatologic Surgery. She has passion in presenting rare cases publicly in the field of dermatology in an attempt to increase awareness amongst the field and improve management guidelines in such cases. Her research experience of a period of 2 years has vastly improved her skills and allowed her to gain a great deal of experience.

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Contact dermatitis to cosmetics

Maisa Alfalah

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Everybody uses cosmetics: Shampoos, soaps, toothpaste, perfume, deodorants, hair dye, moisturizers, makeup, nail polish, etc. Adverse reactions are rare in proportion of use, but common in absolute numbers. Irritant contact dermatitis is more frequent than allergy. Some people with very sensitive skin are intolerant of most cosmetics (status cosmeticus). Cosmetics are generally safe but at times cause a lot of discomfort. Prevalence of adverse reactions is unknown as most victims never report. Hair dyes and artificial nails cause the worst reactions. Occupational dermatitis is frequent among hairdressers and beauticians. Patch testing is the key diagnostic procedure.

Biography

Maisa Alfalah is currently working under Dermatology Department at King Abdulaziz Medical City in Riyadh in Saudi Arabia.

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17th WORLD DERMATOLOGY CONGRESS

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Skin resurfacing and face-lift in the same surgical procedure: What are the issues?

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3873 cases have been done with this procedure since 1994, minimal complications have been observed. The face lift and skin resurfacing techniques are carried out during the same surgical procedure, in order to save time and improve the patient recovery. Perioral and orbital wrinkles, photo aging signs such as pigmentations and changes in skin color are treated with the skin Resurfacing technique. Many surgeons for neck and cheeks is performed as usually have mentioned the face-lift technique. By using these two techniques, a full-face rejuvenation is obtained with only one surgical procedure. The patient recovery is quicker and the result obtained is much better.

Biography

Aristides Arellano is working as a medical surgeon in the University of New York. He served as a Director General of Dermatological clinic and Aesthetic surgery of Puebla S.A. de C.V. 1999 – 2015. He was a member of the evaluation committee of the State Award in the area of Technology and Medical Sciences. 2003 – 2005.

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Knowledge, attitude and practice of female university students towards skin lightening agents in Khartoum, Sudan in 2016

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Statement of the Problem: There is a wide growth of availability and use of skin bleaching products worldwide, particularly in African countries. Sudanese women consume these products with ruthlessness irrespective to their extreme harmfulness; as a result they suffer from side effects ranging from minor dermatitis until major irreversible ones. Nevertheless this phenomenon displays lots of hidden problems in women beliefs and entire society suite. Researches showed high prevalence of use of these harmful products, (containing corticosteroid, mercury and hydroquinone) especially among younger women though the level of knowledge about the agents and their side effects are not extensively studied. The purpose of this study is to determine the knowledge of students about whitening agents and to assess their practice and to compare findings in four different faculties to assess the effect of knowledge on practice.

Methodology & Theoretical Orientation: Observational cross-sectional institutional based study using structured self-administered questionnaire.

Findings: In spite of high level of awareness about agents' constituents and side effects, high percentage of usage reported among student especially Arabic language faculty of education students in comparison to English language, nursing and medicine students. Great impact of friends and relatives appear as they represent the major role in the selection of appropriate product. Hyper pigmentation and dermatitis were the common side effects the participants complain.

Conclusion & Significance: University female students are exposed to risk full practice and collaboration is needed to workup together avoiding these products and recommendations made to conduct awareness sessions with intensification of family role in this issue. Also community based further researches must be done as university students are educated and literate community.

Biography

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17th WORLD DERMATOLOGY CONGRESS

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Clinico-mycological pattern of hair and skin infection in New Delhi

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Introduction: Fungus parasitizing structures rich in keratin like hair, skin and nails lead to a dermal inflammatory response with intense itching and cosmetic disfigurement. Hence, diagnosis, treatment and regional epidemiological characteristics of the fungus by in vitro culture are required.

Aims & Objectives: To see the clinico-mycological pattern of skin and hair infections in dermatology outpatients' in New Delhi.

Materials & Methods: This study was conducted (April 2013-December 2013) in Mycology laboratory of a tertiary care hospital, New Delhi on 100 consecutive outpatients with clinical suspicion of superficial fungal infection of hair and skin. Plucked hair and scrapings, biopsy and scales of skin were collected. Potassium Hydroxide (KOH) mounts and culture on Sabourauds Dextrose Agar (SDA) was done and incubated at 25 °C and 37 °C for 4-6 weeks. Identification was done by colony morphology, microscopic of Lactophenol cotton blue (LPCB) mounts and slide culture as per standard mycological procedures.

Result: The infection was more common in males (66%) with a Male:Female ratio of 1.9:1 and predominantly seen in <10 years of age (30%). Tinea corporis (32%) was the commonest presentation, followed by T. capitis (26%), T. mannum (20%), T. pedis (20%) and T. faciei (2%). Direct microscopy by KOH mount was positive in 37%, 46% by culture and 27% by both microscopy and culture. Dermatophytes were grown in 27 (24.5%), while 17 (16.5%) had growth of non dermatophyte moulds (NDM) with only 6 (5.8%) of yeasts. Trichophyton rubrum (7.8%) was the commonest dermatophyte. T. verrucosum (5.8%), T. schoenleinii (5.8%), T. mentagrophyte (3.9%) and T. violaceum (1.9%) were also isolated. Aspergillus flavus (2.9%) was the most common NDM. Other NDMs isolated were, A. terreus, A. fumigatus, A. niger, Penicillium spp., Syncephalastrum spp., Paecilomyces spp., Mucor spp., Rhizopus spp. and Epicoccum spp.

Conclusion: There is a rising trend of non-dermatophytic moulds causing infection replacing the most common dermatophytes.

Biography

Dr. Kaur is recently working under Dermatology department in Lady Hardinge Medical College in India.

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Double prevention of skin cancer: Primary and secondary forces united against actinic keratosis

Zainab Al-Nasser

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Fortunately, skin is the only organ where even precancerous lesions can be visualized and treated to prevent the full growth of cancer. Actinic keratosis (AK) is a scaly papule or plaque that results from sun exposure when the skin is not protected from the sun; it is pre-cancerous and can transform into cancer if not treated. Topical Diclofenac is a NSAID that targets the same pathway involved in AK; it is a category based treatment of AK supported by many published researches and articles. Theoretically; it sounds like an easy treatment option to patients who come in complaining of a rash and leave the clinic diagnosed with precancerous lesions noticed by their dermatologist, however; the motivation can be weaned off as soon as they leave the room. Patient compliance is an integral part of the process. Slathering on a gel about 2 to 3 times a day can be difficult to many patients and recurrence is possible with AK, therefore primary and secondary preventions combined are needed and that makes it even more of a challenge, as a result when a geriatric patient has to take his or her other medications plus slathering Diclofenac and sunscreen in the morning will most likely end up with them walking out of their door with bare skin that is unprotected and at an increased risk of developing cancer and that has been concluded in clinic by many patients. Pharmaceutical companies are invited to work on the idea of combining Diclofenac and UVA/UVB blocking ingredients in one product, making it a lot easier for patients with multiple AK lesions to adhere to the treatment and increasing patient compliance. For the demanding ones; a different formula can be used such as spray to make it even easier and more fun to apply.

Biography

Zainab Al-Nasser is currently pursuing her Medical Studies from the National University of Ireland, Galway.

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17th WORLD DERMATOLOGY CONGRESS

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ACNE scars treatment with Derma K device

Aristides Arellano, Arellano-Ocampo And Fernández De Lara

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The facelift and skin resurfacing techniques are carried out during the same surgical procedure, in order to save time and improve the patient recovery. Acne scars, photo-aging signs such as pigmentations and changes in skin color are treated with the skin Resurfacing technique. Many surgeons for neck and cheeks is performed as usually have mentioned the face-lift technique. Using these two techniques, a full-face restoration is obtained with only one surgical procedure. The patient recovery is quicker and the result obtained is much better. 64 cases were done with this procedure and minimal complications have been observed.

Biography

Aristides Arellano is working as a medical surgeon in the University of New York. He served as a Director General of Dermatological clinic and Aesthetic surgery of Puebla S.A. de C.V. 1999 – 2015. He was a member of the evaluation committee of the State Award in the area of Technology and Medical Sciences. 2003 – 2005.

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The outcome of using topical Sirolimus in capillary malformations among patients in King Faisal Specialist Hospital: Case seriesHebah M Musalem¹, Aljoharah A Alshaikh¹, Lin M Tuleimat¹ and Saad M Alajlan²¹Alfaisal University, KSA²King Faisal Specialist Hospital and Research Center, KSA

Background: Sirolimus, a mammalian target of Rapamycin (mTOR) inhibitor was approved by the FDA in 2015 for lymphangioleiomyomatosis (LAM). Recently, Sirolimus has been added to the treatment of vascular anomalies in King Faisal Specialist Hospital (KFSH), which raised interest to investigate its efficacy in capillary malformations, such as PWS. Since the market is lacking commercial topical preparations, pharmacists in KFSH were encouraged to formulate topical Sirolimus. PWS is a congenital, progressive capillary malformation of skin, occurs on the face, neck and body as a flat lesion. PDL is the current treatment of choice for PWS.

Objective: To reinforce the efficacy and safety of combining topical Sirolimus with pulsed dye laser (PDL) in managing capillary malformation, as port wine stain (PWS); aiming for better clinical clearance.

Methods: Review of retrospective documents for a total of 5 cases regarding port wine stain that were treated with Pulse Dye Laser (PDL) initially, followed by the addition of 0.5%-1% topical Sirolimus as a Dual Therapy (PDL and Topical Sirolimus).

Results: PDL therapy reflected insufficient improvement (0% up to 55%) and frustrating side effects following multiple sessions over many years. On the other hand, the Dual Therapy reflected significant clearance by an average of 20% in shorter duration and minimized the intolerable side effects of using PDL alone.

Conclusion: We propose implementation of topical Sirolimus in managing PWS and other capillary malformations. Furthermore, prospective studies should be conducted regarding safety and efficacy of using Dual Therapy for managing PWS..

Biography

Hebah M Musalem is a Medical Intern, graduated from Alfaisal University, KSA. She is one of the Head Organizers of Alfaisal Dermatology Club and a Member of The Saudi Society of Dermatology and Dermatologic Surgery. She has studied Pharmacology and Pharmaceutical Science for 4-years. She was nominated to be the Head of Treasury Committee of the Medical Student Association for 2 years. She has also focused on clinical research and participated in writing multiple papers with great consultants from different department, especially dermatology department and has a research experience of a period of 3 years.

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17th WORLD DERMATOLOGY CONGRESS

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Clinical prevalence, histopathological evaluation, antimicrobial susceptibility and molecular genotyping of staphylococci from canine pyoderma: The first prospective study of first-time cases in Iran

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The purpose of the present study was to investigate the prevalence of staphylococci isolation from dogs with first time pyoderma and to describe antimicrobial susceptibility and enterobacterial repetitive intergenic consensus-based PCR typing of clinical staphylococci species from dogs presenting at a university teaching hospital. The study animals were 61 clinical cases of dogs with first-time pyoderma. Swabs for bacterial culture were taken from pustule or papule without prior disinfection. Isolates were identified on the basis of colony morphology, Gram-staining, pigment production and hemolysis. For all Gram-positive, catalase-positive, oxidase-negative cocci with colony morphology compatible with that of *Staphylococcus* species, coagulase activity was determined via the tube coagulase test using rabbit plasma. The susceptibility of staphylococci to various antimicrobial drugs was assessed by the disk diffusion method. To define genetic relativity of staphylococci species, enterobacterial repetitive intergenic consensus test was done. Finally, biopsy samples of affected skin were obtained from 42 of the 61 studied dogs. The most frequently recovered bacterial genus was *Staphylococcus* (32/43 isolates, 74.41%) including: *S. epidermidis* (22/43 isolates, 51.16%), *S. aureus* (7/43 isolates, 16.27%) and *S. pseudintermedius* (3/43 isolates, 6.97%). Staphylococci species resistance was most commonly seen against amoxicillin (94.11%), penicillin (83.35%) and ampicillin (76.47%). Resistant to cephalexin and cefoxitin was 5.88% and 2.94%, respectively. A total of 27 of the staphylococci isolated (84.37%) were resistant to at least one antimicrobial agent. 16 different patterns were recognized among 22 isolates of *S. epidermidis* (one strain was not typed). Among 7 isolates of *S. aureus*, 3 different patterns were observed.

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17th WORLD DERMATOLOGY CONGRESS

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Cupressus sempervirens extract inhibited human basal cell carcinoma tumorigenesis, local invasion and angiogenic property**Fateme Mokhtari**

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Background: Basal cell carcinoma, a noninvasive and rarely metastatic tumor with clinical and histological involvement of basal epithelial cells occurred due to dysregulation of Hedgehog-patched1 signaling pathway.

Objective: The current study was conducted to evaluate the in vitro cytotoxic effects of Cupressus sempervirens methanolic extract against primary basal cell carcinoma cells, over a period of 48 hours.

Methods: We measured the increased levels of Annexin-V as well as lactate dehydrogenase leakage in cells being-exposed to 420 µM extract, in addition to transcript levels of PTCH1 of hedgehog-patched1 signaling pathway, angiogenic activity of vascular endothelial growth factor and angiopoietin-2, and metastatic levels of matrix metalloproteinase 2 and 9.

Results: The cytotoxicity test results showed that BCC cells survival decreased dose-dependently through 48 hours. The expression of Annexin-V was induced ($p < 0.05$) in treated cells which coincided with raised levels of lactate dehydrogenase leakage in supernatant media ($p < 0.05$). Noticeably, the expression of PTCH1, vascular endothelial growth factor, angiopoietin-2 and matrix metalloproteinase 2 and 9 were robustly decreased. Interestingly, 6-month clinical trial follow-up of Cupressus sempervirens extract 5% ointment showed antitumor activity against cutaneous basal cell carcinoma by the reduction of tumor and inflammatory cells replaced with development of fibrotic stroma.

Conclusions: The data of present experiment may suggest that the methanolic extracts of Cupressus sempervirens possess oncostatic and cytotoxic properties and therefore, can be prescribed as natural protective and therapeutic ingredients for basal cell associate cutaneous tumor.

Biography

Fateme Mokhtari has graduated as MD from Shahid Beheshti University of Medical Sciences and then completed Dermatology Residency at Tabriz University. She has done some researches on skin cancers at Tabriz Stem Cell Research Center. Presently, she is serving as a Member of Editorial Board team of International Journal of Clinical Pathology and Diagnosis.

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