ORIGINAL RESEARCH PAPER
Volume - 10 | Issue - 02 | February - 2021 | PRINT ISSN No. 2277 - 8179 | DOI : 10.36106/ijsr
INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

A CLINICAL STUDY OF SKIN CHANGES IN CHRONIC ALCOHOLICS IN A TERTIARY CARE CENTRE IN SOUTH INDIA- A CROSS SECTIONAL STUDY

Dermatology

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KEYWORDS

Alcohol Use Disorder, skin changes in chronic alcoholics, quality of life.

BACKGROUND:
Chronic alcohol intake causes an impact over the skin directly via organ dysfunction or by modifying the preexisting dermatoses. Dermatological disease in Alcohol Use Disorder(AUD) is emerging as an important marker of alcohol abuse and misuse. Skin changes associated with alcohol can be the earliest clinical manifestation associated with the disease.

AIMS AND OBJECTIVES:
To study the prevalence and pattern of skin disease in chronic alcoholics.

MATERIALS AND METHODS:
A cross-sectional study was done(2 years duration)in which 150 male patients presenting to dermatology and psychiatry department who consumed alcohol were included. Detailed history was taken and thorough clinical examination was done. Necessary laboratory investigations were performed.

RESULTS:
The study group comprised of 150 males, with most patients 44(29.3%) developing skin changes, aged between 40-50years and 89(59.3%) satisfying DSM-V criteria for AUD.

Majority drank 28-32units/day for a minimum period of 5 years. Skin, nail and oral cavity changes were seen in 93.3%,46% and 44.6% cases respectively. Exacerbation of existing dermatoses[particularly seborrheic dermatitis 42(28%) and psoriasis 37(24.6%)] was seen in 63.3% patients.

Main symptoms were pruritus(54.6%) and xerosis(38.6%). Nutritional deficiency 86(57.3%), gynaecomastia 33(22%), jaundice 31(20.6%), acanthosis nigricans 21(14%), skin tags 20(13.3%), spider telangiectasia 15(10%) and callosities 12(8%) were other common observations.

Cutaneous infections were noted in 76(50.6%)patients-fungal(27.3%), bacterial(14.6%), parasitic(10.6%) and viral infections(8.6%) being the main culprits. Nail changes in the form of Koilonychia(16.6%), Leukonychia(6%), Clubbing(9.3%) and Terry nails(13.3%) were detected. Poor oral hygiene 22(14.6%), angular cheilitis 14(9.3%) and glossitis 11(7.3%)dominated the oral-cavity findings. More than 75% patients had systemic comorbidities with DM 33.3%, CLD 15.3% and HTN 13.3% forming the major chunk.

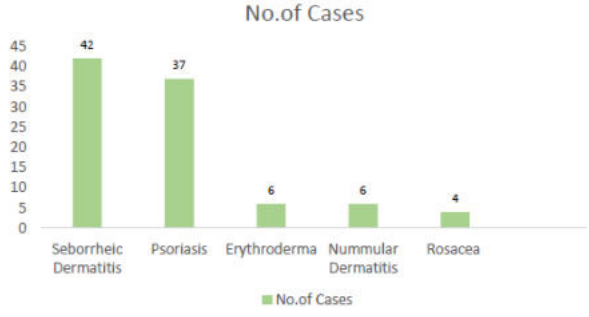

Figure1: Bar diagram showing exacerbation of pre existing dermatoses in this study.

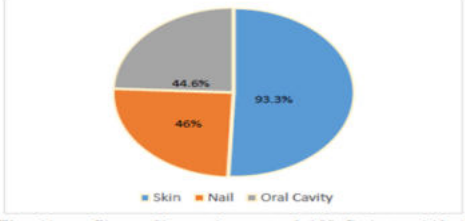

Figure 2: Pie Chart showing % of skin, nail and oral cavity changes secondary to chronic alcoholism elicited during this research paper.

Systemic Diseases	No of Cases	Mild	Moderate	Severe
Diabetes Mellitus	50	0	16	34
Chronic Liver Disease	23	0	0	23
Hypertension	20	0	4	16
CVA	14	0	5	9
Chronic Gastritis	11	1	6	4
Dyslipidemia	8	1	0	7
Pancreatitis	8	0	2	6

Heart Failure	4	0	2	2
Malignancy	1	0	0	1
Total	139	2	35	102

Figure 3: Table showing various systemic diseases a/w mild, moderate and severe AUD in our study.

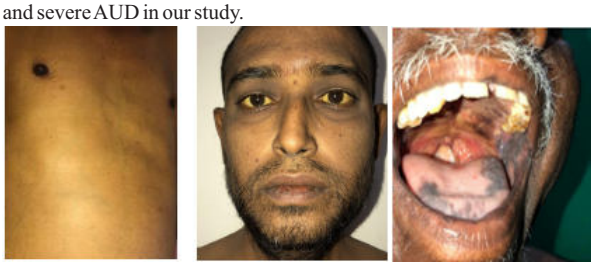

Figure 4, 5,6: Yellowish discoloration and Pigmentary changes in AUD.

DISCUSSION

Clinical Study of Skin Changes in Chronic Alcoholics

EXACERBATION OF PRE-EXISTING DERMATOSES

NUTRITIONAL DEFICIENCY

- Psoriasis
- Rosacea
- Seborrheic Dermatitis
- Erythroderma
- Nummular Eczema
- Pallor
- Pellagroid Dermatitis
- Xerosis

INFECTIONS

Bacterial Infections	Viral Infections	Fungal Infections
Furunculosis	Herpes Simplex	Dermatophytoses
Hansen's Disease	Hepatitis B	Pityriasis Versicolor
Folliculitis	Warts	Onychomycosis
Cellulitis	Herpes Zoster	Candidiasis
Carbuncle	HIV	
Pitted Keratolysis		
Trichomycosis Axillaris		
Ecthyma		

INFESTATIONS	PRURITUS	HORMONAL EFFECTS
Scabies	Cholestasis	Gynaecomastia
Pediculosis	Excoriations	

ASSOCIATIONS WITH/ SECONDARY TO LIVER DISEASE

OTHERS

- Jaundice
- Generalized Pigmentation
- Perioral Pigmentation
- Palmar Crease Pigmentation
- Spider Telangiectasia
- Palmar Erythema
- Caput Medusa
- Purpura
- Flushing
- Androgenetic Alopecia
- Acanthosis Nigricans
- Skin tags
- Callosities
- Striae distensiae
- Tentative wounds
- Cherry Angiomas
- Urticaria
- Ichthyosis
- Contact Dermatitis
- Pityriasis Rosea
- Lipoma
- Erythema Multiforme

CONCLUSION:

Various dermatological manifestations seen in AUD patients cause significant impact on the psychosocial and physical quality of life. This study attempts to recognize alcohol induced cutaneous changes at an early stage and thus facilitate its treatment. Awareness of cutaneous changes of alcohol abuse can allow early detection and intervention in an attempt to limit the adverse medical consequences and minimize traffic and non-traffic related injuries and death.

Acknowledgements:

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