



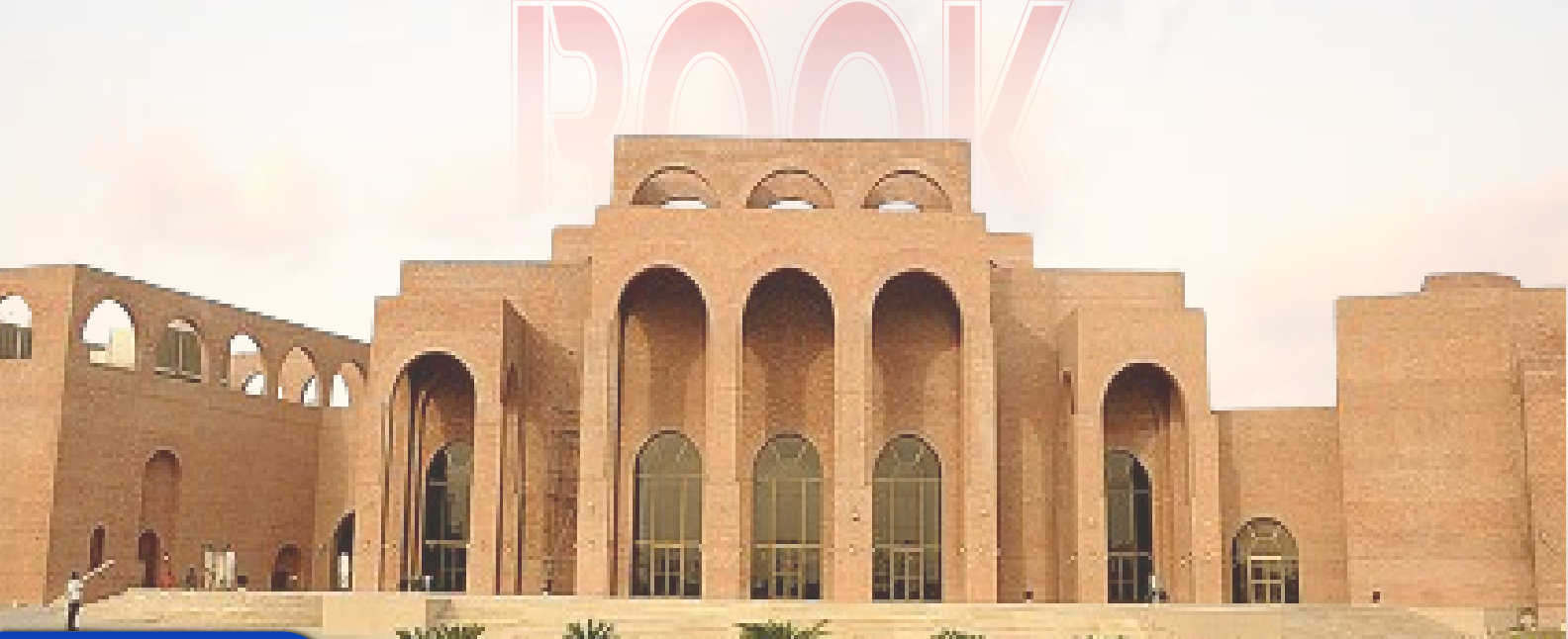
Pakistan Association of Dermatologists Conference

PADCON 2024

REVOLUTIONIZING DERMATOLOGICAL CARE

15th to 17th November 2024 | Expo Centre Lahore

ABSTRACT BOOK



**Conference
Secretariat**

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MESSAGE

By Patrons





Prof. Muhammad Jahangir

Patron, PADCON 2024

As the Patron of PADCON 2024, it is with great pleasure and anticipation that I extend a warm welcome to all attendees, speakers, and participants joining us for this landmark event in the field of dermatology.

PADCON has long stood as a beacon of excellence, fostering collaboration, knowledge-sharing, and professional growth within our community. This year, as we gather to explore advancements, share insights, and inspire new research, we do so with an unwavering commitment to elevating the standards of dermatological practice.

The 2024 conference promises an enriching program featuring pioneering research presentations, interactive workshops, and keynote addresses from some of the most esteemed leaders in dermatology and related disciplines. It is an unparalleled opportunity to engage with peers, exchange ideas, and collectively push the boundaries of what is possible in our field.

I encourage each participant to make the most of this gathering—to network, learn, and contribute actively to the discourse. Your presence and input are what make PADCON not just an event, but a vibrant community dedicated to excellence and innovation.

Thank you for being a part of PADCON 2024. I look forward to the meaningful discussions and collaborations that will surely emerge during our time together.

With warmest regards





Prof. Sabrina Suhail Pal

Patron, PADCON 2024

Dear and honourable colleagues & delegates,

It is my distinct privilege to be a Patron PADCON 2024. This prestigious conference personifies a combination of innovation & excellence within Pakistan's dermatology community.

The comprehensive scientific programme encompasses visionary lectures cutting edge research & fruitful discussions. Dedication & commitment of organising committee is indeed commendable.

Dynamic leadership of the conference chairperson, Prof Lamees Mahmood Malik, organising secretary, Prof Atif Shehzad and chair scientific committee, Prof Nadia Ali Azfar, is highly commendable.

Profound Regards,





Prof. Tariq Rashid

Patron, PADCON 2024

As the Patron of the 43rd PADCON, it is my distinct honor and privilege to extend my heartfelt appreciation to everyone contributing to the success of this esteemed event. PADCON has always been a cornerstone for the dermatology community, and the 2024 conference is poised to continue this proud tradition of excellence.

I wish to extend special recognition to the Scientific Committee for their tireless dedication and remarkable efforts in curating an outstanding program. My sincerest gratitude goes to Prof. Nadia Ali Azfar, the Chairperson of the Scientific Committee, whose exemplary leadership, commitment, and vision have been instrumental in shaping PADCON 2024 into an event that promises to inspire and enrich all participants. I would also like to express my deep appreciation for Prof. Lamees Malik, the Chairperson of PADCON 2024, for her exceptional guidance and steadfast dedication in overseeing the organization of this event.

This year's conference will host an impressive lineup of diverse national and international speakers, sharing their expertise and insights across both clinical and aesthetic dermatology. By bringing together thought leaders from different areas of specialization, we are ensuring a holistic and comprehensive exchange of knowledge that will benefit practitioners and researchers alike.

To all attendees, I encourage you to fully engage with the sessions, workshops, and discussions. Your active participation will amplify the value of this event, making it not only a platform for learning but also a celebration of our shared commitment to advancing dermatology.

Thank you once again to Prof. Lamees Malik and Prof. Nadia Ali Azfar along with the entire organising committee for their outstanding work. Your efforts have truly elevated PADCON 2024, and I am confident that this year's conference will be a resounding success.

With my warmest regards





MESSAGE

By Organizing Committee





Prof. Lamees Mahmood Malik

Organizing Chairperson

Dear Esteemed Colleagues and Honored Guests,

I am delighted to extend a warm invitation to you for the 43rd PADCON, scheduled from 15th – 17th November 2024 at Expo Centre Lahore. This conference, organized under the esteemed patronage of Prof. Muhammad Jahangir, Prof. Sabrina Suhail Pal, and Prof. Tariq Rashid, promises an enriching experience with both its academic content and social interaction.

Our very dedicated team is striving to put together a very rewarding scientific program. Along with this collaboration and social networking with national and international colleagues as well as pharmaceutical associates in a professional environment will be the highlight of this conference.

We are committed to revolutionizing dermatological care and fostering an environment of learning and collaboration. The conference highlights include:

State-of-the-art lectures by renowned experts

Pre-conference and hands-on workshops

Quiz and e-poster competition for residents

Pharmaceutical exhibition

Your presence at PADCON 2024 will contribute significantly to our collective pursuit of advancing dermatology. We look forward to welcoming you to this prestigious event.

Warm regards,





Prof. Atif Shehzad

Organizing Secretary

Dear Fellow Colleagues and Distinguished Guests, It is my immense pleasure to extend a warm and hearty welcome to the much awaited PADCON 2024 conference.

The stage is set to host an exciting gathering of the sharpest minds at Expo Center Lahore, from the 15th to 17th of November 2024. PADCON 2024 promises to be a melting pot of ideas and a hub for collaboration. From sharing groundbreaking research to exchanging clinical pearls of wisdom, we guarantee that the conference will leave you invigorated, enlightened and connected.

The conference promises to be a unique and exiting exploration of the latest advancements and innovations in Dermatology. We urge you to seize the opportunity to learn, share and grow. Explore the countless avenues that the conference provides, engage with fellow colleagues and immerse yourself in the vibrant atmosphere of learning and discovery.

Your esteemed presence and participation will make this conference truly exceptional. We thank you for being a part of this exciting journey and eagerly await your arrival. Looking forward to meeting you all in PADCON 2024.

Warm Regards





Prof. Nadia Ali Azfar

Chairperson Scientific Committee

Welcome from the Chair, Scientific Committee, 43rd PADCON

It is my immense pleasure and honour to extend a warm welcome to all invited guests and delegates to this 43rd PADCON in Lahore. The theme of this conference is "Revolutionizing Dermatological Care." The science of dermatology continues to evolve rapidly, and our scientific program this year has adapted to these new realities and trends. You will see presentations featuring creative topics and innovative techniques. We have aimed to deliver continuing education in dermatology, focusing on the needs of clinicians to ensure the best care that science has to offer for our patients.

Don't miss the key elements of the conference, which include, Informative international delegate sessions, Hot topics presented by top-notch local faculty, Original research work by our residents, who are the future of dermatology, Discussions on advancements in medical education, E-poster exhibitions, Quizzes for our residents, Hands-on opportunities, Patient encounters in clinical workshops, state-of-the-art aesthetic dermatology.

The event is also a networking opportunity, so catch up with colleagues and make valuable connections. Your participation in scientific sessions is crucial to our collective effort to advance dermatological care and generate evidence-based research in the future.

I look forward to welcoming you all on behalf of the scientific committee. We are determined and sincerely endeavor to make your participation enjoyable and memorable.

Best Regards





Dr. Bushra Bashir

Joint Secretary

Dear Colleagues and Esteemed Guests,

It is with great pleasure and immense pride that I welcome you to the 43rd Pakistan Association of Dermatology Conference, to be held at the Lahore Expo Centre from November 15th to November 17th, 2024.

As we gather for this prestigious event, we are honored to host a distinguished assembly of dermatology professionals from across the nation and beyond. This conference promises to be a remarkable platform for sharing knowledge, discussing groundbreaking research, and exploring the latest advancements in dermatology.

Our scientific program is meticulously curated to provide a diverse range of sessions, including keynote presentations, panel discussions, and interactive workshops led by leading experts in the field. We believe that this conference will not only enhance your clinical skills and knowledge but also foster collaborations and inspire innovative approaches to dermatological care.

We are committed to ensuring that your experience at the conference is enriching, rewarding, and memorable. Your participation is invaluable, and we look forward to your contributions to the vibrant discussions and exchanges that will take place.

Thank you for joining us at this significant event. Together, let us advance the field of dermatology and continue to make a positive impact on patient care.

Warm regards,





International Faculty





Dr. Huma Jaffar



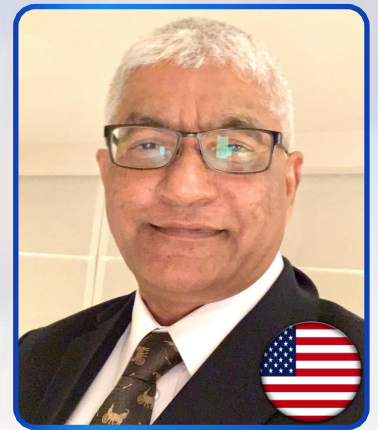
Dr. Farzeen Nasir



**Prof. Abrar
Qureshi**



**Dr. Ahmed Bilal
Naim**



**Prof. Mohammad
Jafferany**





Abstracts



To find the frequency of various dermoscopic features in clinically diagnosed cases of Plaque Psoriasis

Author: Dr. Muhammad Wajahat
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ABSTRACT:

OBJECTIVE

This study aims to characterize psoriasis by comparing the scales, vascular distribution, morphology and background erythema of these patients under the dermoscope for definitive diagnosis

METHODS

This study was conducted at Department of Dermatology Unit II Mayo Hospital Lahore from 1st Feb to 30th July, 2024. 49 patients fulfilling inclusion criteria were enrolled. After detailed clinical history, dermatological and systemic examination, patients were enrolled and clinical photographs of lesions were taken. Target areas were observed under Derm Lite DL3 dermoscope. Dermoscopic features such as dotted vessels, its regular distribution, white scales and background colour were noted.

RESULTS

On dermoscopic examination of psoriatic lesions, these were characterized by light red/pink background in 33 patients (68%), dotted vessels in all 49 patients (100%), with regular distribution in 42 patients (86%) and white scales in 44 patients (90%).

The combination of these four characteristics have diagnostic specificity of 100%

CONCLUSION'

Dermoscopic diagnosis of plaque psoriasis can be made with confidence looking at these four features and this also ameliorates the need of biopsy in most cases.



Complex Coexistence : Kindler Syndrome with Systemic Lupus Erythematosus and Antiphospholipid Syndrome in a single case

Authors: Zainab Raja, Sadia Tabassum
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ABSTRACT:

Introduction:

Kindler EB is a rare genodermatosis characterized by skin fragility leading to blistering of the skin, progressive poikiloderma, skin atrophy, photosensitivity, involvement of oral mucosa, periodontal disease and nail dystrophy. To date, over 400 cases have been documented worldwide. In existing literature Kindler EB has been reported in association with poikiloderma, primary biliary cholangitis and breast cancer. However, occurrence of systemic autoimmune disorders in this condition is rarely reported.

Case Presentation:

This case report presents a unique clinical scenario of a 26 year old patient diagnosed with Kindler syndrome, who later on developed Antiphospholipid Antibody Syndrome (APLA) and Systemic Lupus Erythematosus (SLE), both of which are autoimmune disorders.

Discussion:

To our knowledge SLE and APLA have never been reported in association with Kindler syndrome and by documenting such a unique case we emphasize on the possible immunological associations in patient with Kindler EB. This case broadens the understanding on the potential overlap between genodermatoses and autoimmune diseases.

Conclusion:

Early recognition and comprehensive management of these overlapping pathologies can significantly impact the patient's quality of life and prognosis. Further research into the genetic and immunological mechanisms linking these disorders is warranted to better understand their coexistence and potential shared pathways.

Keywords:

Kindler Epidermolysis Bullosa (EB), systemic lupus erythematosus (SLE), antiphospholipid syndrome (APLA), Poikiloderma.



Lymphangioma circumscriptum presenting with linear verrucous naevi- A non-syndromic presentation

Authors: Sadia Tabassum, Gohar Aftab
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ABSTRACT:

Introduction:

Vascular malformations and epidermal naevi can present together either as isolated findings or as part of a variety of syndromes due to involvement of common genetic pathways of cell proliferation and growth regulation. We reviewed the literature to discuss various types of CEN (Congenital Epidermal Naevus) Syndromes and genetic pathways involved in co-presentation of vascular malformations and epidermal naevi along with their distinctive features

Case Presentation:

We discuss a rare presentation of ipsilateral linear verrucous epidermal naevi and lymphangioma circumscriptum in an 8 years old girl with no other cutaneous or systemic involvement.

Discussion:

We discovered that this clinical presentation does not fit into any of the previously defined terminologies or syndromes and hence suggest that this coincidental finding might be a unique entity. However due to possible theoretical risk of other cutaneous and non-cutaneous manifestations, a thorough assessment and patient education should be done in these cases.

Conclusion:

Data on non-syndromic associations of epidermal naevi is lacking as well as medical treatments and targeted therapies for such cases.

Keywords:

Epidermal Naevus Syndromes, Congenital Epidermal Naevus, Lymphatic malformation, Lymphangioma circumscriptum, vascular malformations, linear verrucous naevus,



The factors effecting the outcomes in adult Pakistani chicken pox patients

Author: Ahsan Tameez Ud Din
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ABSTRACT:

Introduction:

Chicken pox is classically considered to be a disease of childhood but the prevalence in adults is considerably higher in tropical countries like Pakistan 1-3. The disease is more severe in adults and a few reports of fatal outcome have also been reported. The aim of this study was to assess the factors affecting the outcome of hospitalized patients with chickenpox.

Materials and Methods:

This prospective cross-sectional study was conducted at PEMH and CMH Rawalpindi from 01-07-2024 to 30-06-2024. All patients with chicken pox presenting to dermatology OPD WERE instead of will included. Patients were be started on acyclovir on admission and will be followed during the course of hospital stay with CBC and LFTs on every 3rd day. Data WAS collected on a 2-part questionnaire. Disease resolution WAS be defined as state when >90% of lesions have crusted over and there are no new lesions or systemic symptoms for atleast 48 hours.

Results:

Out of 28 patients, 78.6% were married and 86.3% among them had kids but only 27.2% of these patients reported that their kids had any recent/past chicken pox infection. The mean duration of illness was 7.64 days and the mean hospital stay duration was 5.3 days. Presence of transaminitis (53.6%) was not significantly associated with the duration of hospital stay ($p=0.475$). Patients with high grade fever (28.3% $p=0.007$) and dysphagia (50%, $p=0.044$) at presentation had significantly prolonged hospital stay. Starting acyclovir within 72 hours of presentation did not have any significant effect on the duration of hospital stay (57.1%, $p=0.223$).

Conclusion:

Dysphagia and high-grade fever at presentation were found to be reliable in predicting the prolonged duration of the disease. Studies with larger sample size may be required in order to further elucidate the factors predicting severe illness and increased hospital stay.



Tele-Dermatology And Face-to-face Visits: A Comparative Analysis of Patient Satisfaction and Adoption"

Author: Dr. Aiman hashmi
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ABSTRACT:

Objective:

This study aimed to assess the patient's satisfaction with tele dermatology versus Face to Face visits and identify the patient's experience with this modality and their attitudes toward its adoption. It will help to ensure the effective implementation of telemedicine in future practices.

Methods:

This study design was survey-based and cross-sectional. It was conducted at the Department of Dermatology, Aga Khan University Hospital, Karachi. A self-made questionnaire was developed to evaluate the experiences with both modalities. Scoring was analyzed by the Likert scale; responses were recorded as dichotomized and at least 14 scores were identified as satisfied. Data was analyzed by using the statistical package for social sciences (SPSS) version 20.

Results:

A total of 202 participants were recruited, of whom 102 were TD patients and 100 were F2F visits. The satisfaction rate of TD patients was 46.2% while for F2F visits was 53.8%. Females (n=48,57.1%) were satisfied more than males (n=36,42.8%) with F2F visits, and males (n=50,69.4%) showed more satisfaction toward TD than females (n=22, 30.5%) for TD visits.

Conclusion:

TD is an effective treatment strategy that has many advantages, and the most significant benefit was a reduction in the likelihood of infection during the pandemic and to provide healthcare facilities accessible to people living in remote areas. TD is a valuable method to deliver health care delivery and can be beneficial in future practices.



Juvenile Hyaline Fibromatosis

Author: Dr. Munwar Ali
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ABSTRACT:

Hyaline fibromatosis syndrome (HFS) is rare autosomal recessive (AR) disease characterized by the deposition hyaline material in skin and viscera. It represents a disease spectrum with infantile systemic hyalinosis severe form and juvenile hyaline fibromatosis mild form.

Chromoblastomycosis

Author: Dr. Farhana lakho
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ABSTRACT:

Chromoblastomycosis is a fungal infection caused by dematiaceous fungi, typically affecting the skin and subcutaneous tissue. This infection is usually acquired through traumatic inoculation of fungi into the skin, with *Cladophialophora carrionii* the most common agent. Clinical features include slowly progressive, painless, and verrucous lesions, often on the legs or feet, which may ulcerate and become crusted.

Wegner's granulomatosis

Author: Dr. Shanza Mirani
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ABSTRACT:

Wegner's granulomatosis also known as granulomatosis with polyangiitis is a rare autoimmune disease characterized by vasculitis and polyangiitis involving a complex interplay of genetic predisposition, environmental triggers, immune overreaction, production of ANCA antibodies, granuloma formation, blood vessel damage and chronic inflammation . It typically affects respiratory tract, kidneys and skin . It can occur at any age but typically at the age of 40-65 years .



Efficacy of 35% Glycolic acid peel combined with micro needling for the treatment of atrophic acne scars

Author: Rabia Ameer Ali
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ABSTRACT:

Introduction:

Acne scars result from altered wound healing response to cutaneous inflammation that occurs in acne vulgaris. It affects 95% of patients suffering from acne vulgaris. Microneedling and chemical peels have gained acceptance in the treatment of atrophic acne scars due to low cost and safety. The combination of microneedling and 35% glycolic acid peel is an emerging treatment modality for atrophic acne scars treatment.

Objective:

To assess the efficacy of 35% glycolic acid peel combined with microneedling in the treatment of atrophic acne scars.

Methodology:

This study involved 97 patients with atrophic acne scars. Patients were treated with 35% glycolic acid peel on affected skin followed by microneedling, which was done, 15 days after the peel. Total 6 sessions of each microneedling and 35% glycolic acid peel were done 4 weeks apart. Patients were called for follow up one month after last treatment session. Efficacy was assessed using Goodman & Baron's Qualitative Score. 2 grade reduction from baseline was taken as "very good" response, 1 grade reduction taken as "good" response while zero or no reduction taken as "poor response". Treatment was labelled as efficacious if patient achieved very good response.

Results:

Mean age of patients was 28.67 ± 3.40 years. There were 35 (36.09%) male and 62 (63.91%) female patients. Very good response was achieved in 55 (56.70%) patients. Good response achieved in 30 (30.92%) patients while poor response was observed in 12 (12.37%) patients. Efficacy was achieved in 55 (56.70%) patients.

Conclusion:

Microneedling in combination with 35% glycolic acid peel is an effective treatment modality for atrophic acne scars treatment.

Keywords:

Atrophic acne scars, microneedling, 35% glycolic acid peel



Papillon-Lefèvre syndrome: A case series of 3 siblings in consanguineous family

Author: Dr. Ayesha Anwar
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ABSTRACT:

The Papillon-Lefèvre syndrome (PLS) is a very rare syndrome of autosomal recessive inheritance characterized by palmoplantar hyperkeratosis and early onset periodontitis, leading to premature loss of both primary and permanent dentition. It has a world-wide prevalence of 1-4 cases per million in the general population and is often related with consanguinity in 20-40% of patients with PLS. It usually has its onset between the ages of 1 and 4 affecting males and females equally.

The purpose of this report is to describe three cases of PLS in the same family who presented to the Department of Dermatology, Services Institute of Medical Sciences (SIMS) / Services Hospital, Lahore with all characteristic features. All patients presented with persistent thickening, flaking and scaling of the skin of palms and soles, mobility and rapid loss of teeth. Severe gingival inflammation, abscess formation, and deep periodontal pockets along with loss of teeth were evident on intraoral examination.

PLS can adversely affect growing children psychologically, socially and esthetically. A multidisciplinary approach involving a team of dermatologist, pediatrician, and dental surgeon team (periodontist, pedodontist and prosthodontist) is important for overall care of the patient with PLS. It may improve the prognosis and quality of life of these children.

Keywords: Palmoplantar hyper keratosis, Papillon-Lefèvre syndrome, periodontitis.



Exploring the Regenerative Potential of Exosomes in Hair Restoration for Androgenic Alopecia

Author: Dr. Nimrah Fatima
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ABSTRACT:

Exploring the Regenerative Potential of Exosomes in Hair Restoration for Androgenic Alopecia

This study meticulously explores the impact of exosome therapy on hair restoration in patients with androgenic alopecia, a common and challenging form of hair loss. A cohort of 60 patients, including both males and females aged 25 to 55, was selected to participate in a six-month clinical trial to evaluate the efficacy of exosomes, derived from mesenchymal stem cells, in promoting hair regrowth. The study utilised a comprehensive approach, combining trichoscopic analysis, histopathological examinations, and patient-reported outcomes to assess the treatment's effectiveness.

Objective:

The primary objective of this study was to evaluate the efficacy of exosome therapy in promoting hair regrowth in patients with androgenic alopecia. Secondary objectives included assessing the improvement in hair density, hair thickness, and overall scalp health, as well as gauging patient satisfaction and recording any adverse effects associated with the treatment.

Methods:

A total of 60 patients diagnosed with androgenic alopecia, including 40 males and 20 females, were enrolled in this study. Patients were selected based on specific inclusion criteria, such as Norwood-Hamilton scale III-V for males and Ludwig scale I-II for females. Each patient underwent a baseline assessment, including detailed trichoscopic analysis to measure hair density and thickness, as well as scalp biopsies for histopathological examination. Exosome therapy, involving the injection of 1-2 ml of exosomes derived from mesenchymal stem cells into the scalp, was administered at 4-week intervals over six months. Follow-up assessments were conducted at 3-month and 6-month intervals, with repeated trichoscopic analyses and histopathological evaluations. Patient satisfaction was the results demonstrated significant improvements in hair density, thickness, and scalp health, along with high patient satisfaction rates. Minimal side effects were reported, reinforcing the potential of exosome therapy as a viable and safe option for treating androgenic alopecia.



Juvenile Dermatomyositis: New Clues To Diagnosis And Therapy

Author: Dr. Ayesha Anwar
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ABSTRACT:

Juvenile Dermatomyositis (JDM) is a rare, chronic inflammatory disease that primarily affects the muscles and skin, predominantly in children. It is characterized by symmetrical proximal muscle weakness, skin lesions like Heliotrope rash, Gottron's papules, calcinosis cutis, and various systemic complications that can significantly impact child's quality of life. Rarity and complexity of JDM often make it challenging to diagnose and treat effectively, underscoring the need for deeper understanding of underlying mechanisms. Recent research has brought new insights into JDM pathophysiology, paving the way for more effective diagnostic and therapeutic approaches. Advances in understanding the immune mechanisms and genetic factors involved in JDM are guiding the development of targeted therapies, which aim to address the disease at its source rather than just managing its symptoms. One of the key advances in this field is the identification of JDM associated specific biomarkers. These can serve as a critical tool for JDM earlier and more accurate diagnosis, enabling healthcare providers to intervene sooner and implement personalized treatment plans tailored to each patient's unique needs. This personalized approaches not only improve the likelihood of successful outcomes but also minimize the long-term impact of the disease. In addition to these diagnostic advancements, new therapeutic options are on the horizon. Biologics, a class of drugs designed to target specific immune pathways, are showing promise in treating JDM more effectively and with fewer side effects than traditional therapies. These targeted treatments represent a significant leap forward in JDM management, offering hope for better disease control and enhanced quality of life for affected children. As research continues to evolve, future looks increasingly hopeful. Early diagnosis, personalized treatment, and innovative therapies holds the promise of not only managing the disease more effectively but also potentially altering its course, allowing children to lead healthier, more fulfilling lives.



Efficacy of Intralesional Injection of Platelet Rich Plasma In Combination With Methotrexate In Chronic Plaque Psoriasis

Author: Maria Anwar
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ABSTRACT:

Objective:

To determine the efficacy of intradermal injection of platelet rich plasma in combination with methotrexate in patients of chronic plaque psoriasis.

Methods:

It was a descriptive case series performed dermatology dermatology, FJMU/SGRH Lahore from April 4, 2018 till Oct 4, 2018. Total 73 patients were enrolled from outpatient department, after acceptance from ethical review board and written informed consent, patients fulfilling the inclusion and exclusion criteria. The demographic information was collected and recorded as per proforma. The study was conducted for 16 weeks, in which patients were treated for a period of 15 weeks and results were calculated by the end of 16th week. All cases were treated with intralesional PRP and intralesional MTX both, but not simultaneously. Autologous PRP was prepared from patient's peripheral blood through 2-stage centrifugation process as per established protocol. Each patient was given intra-lesional PRP in recalcitrant psoriatic plaques on 1st week, followed by 15mg of intralesional MTX weekly for 4 weeks i.e. 2nd, 3rd, 4th and 5th week. Second administration of intralesional PRP was done on 6th week followed by similar administration of intra-lesional MTX on 7th, 8th, 9th and 10th week. Third intralesional PRP was given on 11th week and then intra-lesional MTX was given again on 12th, 13th, 14th and 15th week. All cases were observed for the effect of treatment by the end of 16th week and PASI was calculated.

Results:

The mean age of cases was 39.60 ± 12.15 years. According to operational definition 60 (82.19%) had efficacy while 13 (17.81%) cases did not meet the criteria of efficacy.

Conclusion:

Intradermal injection of PRP in combination with MTX in patients of chronic plaque psoriasis is highly effective. This combination can be utilized for substantial improvement in term of PASI score.

Keywords:

Psoriasis, anti-inflammatory, PASI, PRP.



Microlearning in Dermatology Postgraduate Education: A Novel Approach To Enhance Knowledge Retention and Clinical Skills

Author: Dr. Rabia Ghafoor
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ABSTRACT:

Microlearning is revolutionizing dermatology postgraduate education by providing a flexible, personalized, and efficient approach to learning. Traditional teaching methods often struggle to engage learners and retain knowledge, but microlearning's bite-sized modules (5-20 minutes) address these challenges. By breaking down complex dermatological concepts into focused, interactive sessions, microlearning enhances knowledge retention, clinical skills, and learner engagement. In this talk, we will discuss the practical applications, utilising this new learning method in teaching postgraduates. Results of a pilot study comparing microlearning method with conventional method carried out in a teaching unit will be presented.



Determination of Association between Onychoscopy Features and Nail Plate Potassium Hydroxide Test Positivity in Diagnosis of Onychomycosis: A Cross-Sectional Study

Author: Dr. Khubaib Tahir
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ABSTRACT:

Background:

Onychomycosis, a chronic fungal infection of the nails, poses diagnostic challenges due to its diverse clinical presentations. Accurate diagnosis is essential for effective treatment. Onychoscopy, a non-invasive dermoscopic technique, could potentially enhance diagnostic accuracy by identifying specific nail changes indicative of onychomycosis.

Objective:

This study aimed to determine the association between onychoscopic features and KOH test positivity in onychomycosis patients and to evaluate the sensitivity, specificity, positive predictive value (PPV), and negative predictive value (NPV) of onychoscopic findings compared to KOH test results.

Methods:

A cross-sectional study was conducted in the Dermatology outpatient department of Ghurki Trust Teaching Hospital, Lahore. Onychoscopy was performed using a Heine Delta 30 Dermoscope, and specific nail changes were documented. KOH testing of nail clippings was used to confirm fungal infection. Data analysis was performed with SPSS version 20.0, utilizing the Chi-square test to assess associations and calculate sensitivity, specificity, PPV, NPV, and P-values.

Results:

The study included 45 participants, predominantly female (82.2%) with a mean age of 43.2 ± 15.17 years. Distal and Lateral Subungual Onychomycosis was the most common type (71.1%). The KOH test was positive in 80% of cases. Significant associations were found between KOH positivity and onycholysis ($p = 0.001$, OR = 12.4), subungual hyperkeratosis ($p = 0.003$, OR = 0.063), and jagged edges with spikes ($p < 0.001$, OR = 49.6). No significant associations were observed for chromonychia, longitudinal striae, linear edge, or distal irregular termination.

Conclusion:

Onychoscopy is a promising, non-invasive diagnostic tool for onychomycosis, demonstrating strong sensitivity and specificity relative to KOH testing. Incorporating onychoscopy into clinical practice could improve diagnostic accuracy and reduce the reliance on invasive or costly procedures.

Keywords:

Onychomycosis, Onychoscopy, KOH test, Dermoscopy, Fungal infection diagnosis



Comparative Efficacy of Pulse Therapy versus Conventional Therapy in Pemphigus Vulgaris: A Randomized Controlled Trial

Author: Dr. Rabia Ghafoor
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ABSTRACT:

Pemphigus vulgaris is a debilitating disease characterized by autoantibody-mediated blistering of the skin and mucous membranes. Treatment options include corticosteroids and immunosuppressants, but optimal regimens remain uncertain.

Methods:

Sixty patients with pemphigus vulgaris were randomly assigned to pulse therapy (n=30) or conventional therapy (n=30). Pulse therapy consisted of high-dose corticosteroids (1g/day for 3 days) and immunosuppressants (cyclophosphamide 500mg/month or Azathioprine. while conventional therapy involved daily corticosteroids (1mg/kg/day) and immunosuppressants (azathioprine 2mg/kg/day). Disease activity, relapse rates, adverse effects, and hospital stay were assessed over 12 months.

Results:

Pulse therapy showed significantly higher clinical remission rates (83.3% vs 56.7%, $p=0.01$), lower relapse rates (20% vs 43.3%, $p=0.04$), and shorter hospital stays (mean 14.5 days vs 21.8 days, $p=0.02$). Adverse effects were similar in both groups ($p=0.56$).

Conclusion:

Pulse therapy is more effective than conventional therapy in managing pemphigus vulgaris, with comparable safety profiles. These findings support the use of pulse therapy as a first-line treatment option for pemphigus vulgaris.



Innovations In Post Acne Scar Treatment: Evidence Based Strategies for Dermatologists

Author: Dr. Ayesha Rizwan
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ABSTRACT:

Objective:

Atrophic acne scars are the most common type of post acne scars and are classified into three main types: icepick, boxcar and rolling scars. The management of post acne scars is crucial both from patient and clinician's point of view. This presentation provides a comprehensive overview of the latest modalities for treating post acne scars with efficacy and safety.

Methodology:

Findings of this presentation comprises of the comprehensive review from latest dermatology literature .The most effective and innovative treatments, supported by high level evidence have been selected. Clinical guidelines have also been included to get a balanced perspective. The non-surgical treatments reviewed include topical medications like chemical peels and non-invasive procedures like energy based devices, and lasers. Whereas surgical and invasive options discussed are subcision, punch excision, dermal fillers, micro needling with and without PRP.

Results:

Fractional CO2 lasers and Erbium: YAG lasers have shown substantial improvement in atrophic acne scars, with a reduction in scar depth and texture irregularities as evidenced by randomized controlled trials. Both micro-needling alone and in combination with Platelet-Rich Plasma (PRP) showed significant scar remodeling and collagen induction. TCA Cross technique for ice pick scars and subcision for rolling scars have demonstrated consistent improvements, especially when combined with other modalities like fillers. Subcision combined with fillers offers an immediate improvement in scar appearance .Recent advancements, including autologous fat transfer and energy-based devices like HIFU are also showing promising results.

Conclusion:

The comprehensive review suggests that the optimal management of post-acne scars involves a multimodal approach according to every patient needs and scar types. Better outcomes are expected by combining various treatment modalities than monotherapy, enhancing both scar appearance and patient satisfaction. Key words: post acne scars, latest modalities, chemical peels, lasers ,subcision, monotherapy, micro-needling,PRP



Efficacy and safety of combined oral propranolol, oral prednisolone and topical timolol Versus Combination of oral propranolol plus topical timolol in treating infantile hemangioma.

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ABSTRACT:

Objective:

To compare the efficacy and safety of combined oral propranolol, oral prednisolone and topical timolol versus combination of oral propranolol and topical timolol in the treatment of infantile hemangioma.

Patients and Methods:

This randomized clinical trial study was conducted in Dermatology Department Allied Hospital 2 Faisalabad, where a total of 68 infants of age less than 1 year diagnosed with hemangioma were included. Infants were divided into 2 Groups. Group A were given triple therapy in the form of oral propranolol at dose of 1-2 mg/kg/day in 2 divided doses, oral prednisolone 5 mg daily for 1 month then taper gradually and topical timolol solution 0.5% 2 drops daily till the end of treatment. Group B were given oral propranolol and topical timolol. Total duration of treatment was 6 months. The response to treatment was evaluated clinically by regression in the size and improvement in color of hemangioma and the regression score and the parents satisfaction. Follow up was initially after 2 weeks, then monthly for 6 months duration.

Results:

The response to the therapy was obvious at 2 weeks. There was gradual reduction in color and size of lesions. In Group A, there was about 25% reduction in the first two weeks that reached to 75-100% after 3-6 months. No adverse or side effects were seen in all infants. In Group B, there was 19% reduction in first 2 weeks reached to 60-90% after 3-6 months.

Conclusion:

This triple therapy using oral propranolol, oral prednisolone and topical timolol drops together is more effective therapy for infantile hemangioma with lesser side effects as well as lesser treatment duration as compared to combination therapy of oral propranolol and topical timolol.

Key words

Infantile hemangioma; Triple therapy; Propranolol; Prednisolone; Timolol; Laser therapy.



A cross-sectional study to evaluate dermoscopic patterns in pityriasis versicolor

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ABSTRACT:

Abstract:

Pityriasis versicolor is a superficial fungal infection caused by malassezia yeast. Dermoscopy is a non invasive procedure that can be valuable where results of KOH examination are ambiguous. There is paucity of data on dermoscopy of pityriasis versicolor.

Objective:

To evaluate dermoscopic features in different variants of pityriasis versicolor.

Materials And Methods:

60 consecutive patients diagnosed clinically with pityriasis versicolor were subjected to KOH mount of the skin scrapings from the lesions which were positive in all patients. Dermoscopy was performed in all patients and features were recorded for analysis. Woods lamp examination was also performed and fluorescence noted

Results:

On dermoscopic analysis hypopigmented variant was the most common type(80%) altered pigmentary network was the most common finding(100%) followed by scaling(83%), folliculocentricity in 66%, contrast halo sign in 50%, invasion of hair follicle in 20%. Woods lamp examination revealed yellowish green fluorescence in most of the cases.

Conclusion:

Dermoscopy with characteristic features such as scaling, folliculocentricity, contrast halo sign and yeast invasion of hair follicle can prove to be very useful in contributing towards the diagnosis of pityriasis versicolor.

Keywords:

Dermoscopy, pityriasis versicolor, malassezia yeast.



Treatment of Keloids with Low dose Intralesional 5-Flourouracil Plus Steroids

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ABSTRACT:

Background:

Keloid is a benign well demarcated area of dense, fibrous tissue overgrowth that extends beyond the original defect. It is a result of an overgrowth of granulation tissue at the site of a healed skin injury which is then slowly replaced by collagen type 1 fibers. A variety of treatment regimens have been used for the management of keloids but none proved satisfactory.

Objective:

Efficacy of low dose intralesional 5-Flourouracil plus steroids in the treatment of keloid.

Material & Methods:

This randomized controlled trial was conducted at Department of Dermatology, DHQ Hospital/Faisalabad Medical University, Faisalabad.

After informed consent detailed history and clinical examination was done. Complete blood counts and liver and renal function tests were done at start of therapy and at week 20. Photographs were taken at base line and then periodically. Local anaesthesia was given in the form of injection lignocaine sub-lesionally followed by 5-flourouracil (10mg/ml) plus triamcinolone acetonoid (10mg/ml) intralesionally. These injections were repeated after 3 weeks for a total duration of 3 months.

Keloid monitoring was done by assessing the reduction in size (length, width and breadth) of the scar and is expressed in terms of percentage.

Results:

There was an excellent response in 55% (n=11) of patients with less percentage of local side effects like atropy, telangiectasia, infection, and ulceration.

Conclusion:

Combination therapy with low dose 5-Flourouracil plus steroid is more efficacious in keloid scar reduction and associated with lesser side effects.



RF Micro-needling for Acne Scars: Insulated vs Non-insulated Needles

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ABSTRACT:

Background:

Radiofrequency (RF) microneedles is being used in dermatology for acne scarring. Two types of needles i.e. insulated & non-insulated are employed with each having some advantages & disadvantages.

Objective:

To comparatively document the efficacy and side effects of insulated & non-insulated RF microneedles in our racially pigmented skin.

Material & Methods:

Twenty patients underwent RF microneedling for acne scars on the face. They were randomly assigned to one or the other group. Photographs were taken before the therapy & one month after the last session. All 20 patients underwent 3 session of insulated or non-insulated microneedles done four weeks apart. Clinical pictures were evaluated by two independent dermatologists & results were graded on visual analog. Pain perceived by the patients during the procedure was also recorded on scale from 1 to 10.

Results:

Among 10 patients who underwent non-insulated microneedling, 20% got slight, 40% moderate, 30% good, and 10% excellent improvement. In 10 patients who underwent RF microneedling with insulated needles 30% slight, 40% moderate, and 30% good improvement. Mean severity of the pain was 3.7 in non-insulated group & 2.9 in insulated group. Incidence of post inflammatory hyperpigmentation was more in non-insulated group.

Conclusion:

Non-insulated RF microneedle is slightly more efficacious than insulated RF microneedle but with greater degree of side effects like pain, downtime and post-inflammatory hyperpigmentation.

Keywords:

Radiofrequency Microneedle , Acne Scarring, Post-inflammatory Pigmentation



Amitriptyline: An effective intervention in Post-herpetic neuralgia prevention? Evidence from a randomized control trial

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ABSTRACT:

Background:

Postherpetic neuralgia (PHN) is a chronic painful condition of neuronal origin lasting more than 3 months in the previously involved dermatome by herpes zoster. PHN remains the most common and debilitating complication of herpes zoster affecting the quality of life of such patients. A variety of symptoms have been reported including pain, Allodynia, hyperalgesia, paresthesia, and dysesthesia, in the absence of active herpes lesions. Although there are several therapeutic options for PHN, there is little information present regarding its prevention. This study aimed to fill this research gap and explore the role of amitriptyline in preventing PHN.

Objective:

To evaluate the efficacy of Amitriptyline in the prevention of Post Herpetic Neuralgia (PHN).

Material & Methods:

A total of 120 herpes zoster patients, presenting within 3 days were selected. Patients were split into two groups. Group A received 25 mg amitriptyline along with famciclovir, while group B used only oral famciclovir. Both groups were given other analgesics like Gabapentin, topical analgesics, and NSAIDs on a need basis. Patients were evaluated at monthly intervals and the final pain scores were calculated after 3 months.

Results:

At the baseline patients in the significant pain category were comparable in both groups. After 3 months the number of such patients in Group B was higher. Similarly, there was clear disparity between the two groups regarding the number of patients achieving good/ excellent pain reduction (p value < 0.05).

Conclusion:

This study showed that oral Amitriptyline started concomitantly with antivirals significantly reduced the incidence of post-herpetic neuralgia.



Efficacy and safety of tofacitinib in alopecia areata

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ABSTRACT:

Abstract:

Alopecia areata is a T-cell mediated autoimmune disorder characterised by nonscarring hair loss. Despite the high prevalence of disease there is no reliably effective therapy for alopecia areata. Based on recent developments in understanding the pathogenesis of alopecia areata, JAK inhibitors appear to be a good therapeutic option. The efficacy and safety of JAK inhibitor "tofacitinib" needs to be further evaluated.

Objective:

To evaluate the efficacy and safety of tofacitinib in the patients suffering from alopecia areata.

Methodology:

An open label clinical trial using JAK 1/3 inhibitor tofacitinib for alopecia areata in patients with >30% scalp hair loss, alopecia totalis and alopecia universalis was planned. Tofacitinib 5mg was given twice daily for 6 months. Endpoint included regrowth of scalp hair as assessed by SALT score (severity of alopecia tool) and duration of regrowth after completion of therapy.

Results:

53.33% patients were strong responders i.e greater than 50% improvement in SALT score, 33.33% patients were intermediate responders i.e 5-50% improvement, 6.66% patients were non-responders i.e less than 5% improvement in SALT score.

Conclusion:

Tofacitinib is a safe and effective medication for the treatment of alopecia areata in our population.

Keywords:

alopecia areata, tofacitinib



Frequency of Helicobacter Pylori Infection In Patients of Acne Vulgaris

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ABSTRACT:

Objective:

To determine the frequency of helicobacter pylori infection in patients of acne vulgaris.

Methods:

This study was conducted in Dermatology Department, Liaquat University of medical and health Sciences (LUMHS), Civil Hospital, Hyderabad from 22nd August 2017 to 21st February 2018

A total of 135 patients, 13 to 30 years of age of both genders with acne vulgaris were included in this study. Patients with H Pylori infection positive without acne vulgaris, family history helicobacter pylori infection, chronic smoker or alcoholics were excluded. Patients were subjected to relevant investigations i.e. HP antibody titer, for that blood sample of each patient was sent to institutional pathology laboratory for measuring of serum levels of anti H. Pylori IgG antibodies where each report was prepared by consultant pathologist.

Results:

Mean age was 23.33 ± 4.14 years. Out of these 135 patients, 48 (35.56%) were females and 87 (64.44%) were males with female to male ratio of 1:1.8. Frequency of helicobacter pylori infection in patients of acne vulgaris was seen in 107 (79.26%) patients.

Conclusion:

This study concluded that frequency of helicobacter pylori infection in patients of acne vulgaris is very high and these patients should be screened for helicobacter pylori infection

Keywords:

Acne, helicobacter pylori, association



Effectiveness of Oral Bicalutamide Treatment In Patients Suffering From Female Pattern Hair Loss

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ABSTRACT:

Introduction:

Bicalutamide, an androgen receptor antagonist primarily used in the management of prostate cancer, has recently gained attention for its potential role in treating female pattern hair loss. This study aimed to evaluate the effectiveness of oral bicalutamide treatment in female patients with hair loss, shedding light on its therapeutic potential and contributing to the growing body of literature on FPHL management.

Objective:

To estimate the effectiveness of oral bicalutamide treatment in patients suffering from female pattern hair loss.

Materials And Methods:

Quasi Experimental study conducted at Dermatology Department, Unit 1, Mayo hospital, Lahore over 6 months' from 02-03-2023 to 02-09-2023 after obtaining approval from the ethical committee. 76 patients, meeting the inclusion criteria, were clinically diagnosed with FPHL and confirmed using a trichoscope. The severity of FPHL was determined using the Ludwig scale. Bicalutamide was administered as monotherapy at a dose of 12.5mg OD for four months. Follow-ups were done at weeks 0, 4, 8, 12, and 16 weeks of treatment, with a final follow-up at the 20th week to assess hair count and treatment effectiveness. The examinations and data collection were conducted by a single resident. Data analysis was performed using SPSS Version 23.

Results:

The results revealed a mean BMI of 23.58 kg/m², and mean age of 36.74 years, and Ludwig scale classification with 54.2% in Ludwig Scale I, 26.4% in Ludwig Scale II, and 19.4% in Ludwig Scale III. Baseline hair density averaged 83.47 hairs/cm², increasing to 140.33 hairs/cm² post-intervention. Moreover, 71.7% of participants experienced more than 50% improvement in hair density following treatment. However, statistical analysis showed no significant relationship between treatment effectiveness and BMI or age. In contrast, the Ludwig scale demonstrated a significant association with treatment effectiveness ($p < 0.0001$).

Conclusion:

Oral bicalutamide treatment demonstrated a notable effectiveness rate of 71.7%

Keywords:

Bicalutamide, Effectiveness, Female Pattern Hair Loss



Evaluate the Difference Between Psoriatic area and Severity Index (PASI) and Patient Symptoms Inventory (PSI) Score In Patient With Psoriasis

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ABSTRACT:

Psoriasis is a chronic, immune-mediated, hyperproliferative skin disease characterized by erythematous, scaly plaques. Psoriasis affects approximately 2% of the world's population, with men and women being equally affected. Psoriasis severity is frequently evaluated in clinical trials using the psoriasis area and severity index (PASI), the physician's global assessment, and an estimate of the body surface area (BSA) affected by psoriasis. In addition to clinical measures, patient-reported outcomes (PROs) are important to understand the patient's perspective of disease. The psoriasis symptom inventory (PSI) is a patient reported outcome (PRO) measure that was designed to assess the patient's perception of psoriasis signs and symptoms.

Objective:

1. The study objective is to evaluate the difference between psoriatic area and surface index (PASI) and patient symptom inventory (PSI) score in patients treated with psoriasis,

Study design:

Cross-sectional study.

Setting:

The study WAS conducted at the AGA KHAN UNIVERSITY HOSPITAL (AKUH) Karachi dermatology outpatient department.

Result:

A total of 174 patients participated in the study, with 56% female and 44% male. Regarding disease severity, 62% of patients had mild psoriasis and 8% had severe psoriasis according to the Psoriatic Area and Severity Index (PASI) scores. In contrast, the Patient Symptom Inventory (PSI) scores indicated that 72% of patients experienced mild symptoms and 3% experienced severe symptoms. A statistically significant difference was found between between the PSI and PASI scores, highlighting a discrepancy between clinical assessments and patient-reported outcomes.

Conclusion:

This study assessed the discrepancies between the Psoriatic Area and Severity Index (PASI) and the Patient Symptom Inventory (PSI) scores in patients with psoriasis. The results revealed a significant divergence between the clinically assessed disease severity (PASI) and patient-reported symptoms (PSI), with an observed increase in female patients. These findings highlight the necessity for enhanced patient education to align patient perceptions with clinical evaluations and improve overall management



An Audit of Dermatopathology Training Program for Dermatology Residents In Pakistan

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ABSTRACT:

Introduction:

Dermatopathology is a critical subspecialty within dermatology, focusing on the study of cutaneous diseases at a microscopic level. Effective training in dermatopathology is essential for dermatology residents to ensure accurate diagnosis and treatment of skin conditions. This audit aims to evaluate the current state of dermatopathology training for dermatology residents in Pakistan.

Objectives:

To assess the availability and quality of dermatopathology training resources and identify gaps and areas for improvement in the training program

Methodology:

Final year Dermatology residents from across the country were enrolled to undergo an in-lab assessment on 40 dermatopathology slides covering all major groups of dermatoses. Their performance was marked as unsatisfactory (<50%), satisfactory (50-60%) and good (60% and above) in each group of dermatoses. They were asked to fill a questionnaire regarding availability and quality of dermatopathology training at their respective centres. Their suggestions were also taken.

Results:

A total of 37 residents of FCPS Dermatology from all provinces and regions of Pakistan attended the survey. 33 out of them were females. Most candidates were from Lahore (12) followed by Peshawar (7). Unfortunately, majority (25) of the candidates mentioned that they didn't have formal Dermatopathology training at their centres. Only 4 residents could score up to 60% (satisfactory) in overall assessment. (Detailed performance and gaps identified will be shared at the conference).

Conclusion:

This audit highlights the strengths and weaknesses of dermatopathology training for dermatology residents in Pakistan. By addressing the identified gaps, training program can be improved to ensure residents are well-equipped with the necessary skills and knowledge.

Keywords:

Audit, Dermatopathology, Dermatology, training, residents.



Efficacy And Safety of Infliximab Biosimilar In Treatment of Skin Psoriasis, Nail Psoriasis and Psoriatic Arthritis; A Single-arm Clinical Trial

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ABSTRACT:

Introduction:

Psoriasis is an immune-mediated chronic disease which has a significant impact on patient's physical and psychosocial wellbeing. Infliximab was one of the earliest anti-TNF alpha biologic agents for treating moderate to severe psoriasis. This study was planned to assess the clinical efficacy and safety of the drug in our population.

Objectives:

To assess the efficacy and safety of infliximab biosimilar in treatment of skin psoriasis, nail psoriasis and psoriatic arthritis.

Methodology:

This single-arm trial was carried out by Department of Dermatology, Services hospital Lahore. Patients of moderate to severe psoriasis were enrolled after ethical approval and informed consent. Pre and post treatment PASI, DLQI, NAPS, cDAPSA and photos were taken for comparison. Subcutaneous injections of CT-P13/infliximab-dyyb biosimilar were given weekly for 4 weeks, then fortnightly for next 10 weeks, followed by monthly maintenance till 24 weeks. Follow up was done at 4, 14, 24 and 52 weeks.

Results:

Total 102 patients completed the trial. Most patients (68.3%) were 18-45 years of age with a male preponderance. 38 patients had arthritis, 78 had nail psoriasis. Mean PASI before treatment (23.01 ± 11.792) was significantly reduced at 4 (5.92 ± 6.325), 14 (1.19 ± 2.341) and 24 (0.79 ± 2.055) weeks. Mean DLQI before treatment (18.49 ± 6.246) was significantly reduced (1.13 ± 1.926) by the end of trial. Similar response was seen on nail and joint disease (details will be shared at the conference). Few patients had side effects mainly transient infections.

Conclusion:

CT-P13/infliximab-dyyb biosimilar is found to be efficacious and relatively safe in psoriasis of skin, nails and joints in Pakistani population.

Keywords:

Infliximab, biosimilar, psoriasis, nail, arthritis.



Dermatological Health In Slums; An Underrated Problem of A Marginalized Population In Pakistan

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ABSTRACT:

Introduction:

Dermatological health is a critical yet often overlooked aspect of public health, especially in marginalized populations residing in urban slums. In Pakistan, these communities face unique challenges that exacerbate skin-related health issues, including overcrowding, poor sanitation, and limited access to healthcare. This article aims to highlight the prevalence and types of dermatological conditions in slum areas of Pakistan, emphasizing the need for targeted interventions.

Objectives:

To determine the frequency and types of dermatological conditions prevalent among residents of an urban slum in Pakistan, identify their contributing factors and evaluate their impact.

Methodology:

This cross-sectional survey was carried out by Department of Dermatology, Services hospital Lahore in the slum area adjacent Expo Centre, Johar Town. A team of 20 doctors evaluated, treated and interviewed the residents regarding various skin diseases prevalent there, their contributing factors and the impact of the diseases on their quality of life. The project has been approved by the International League of Dermatological Societies (ILDS) for grant.

Results:

Total 106 patients were assessed. Most patients were up to 19 years of age with a female preponderance. Scabies was the most prevalent disease followed by eczema. The prevalence was significantly related to overcrowding and daily income. Strangely enough the presence of disease didn't impact the quality of life of this population. Qualitative aspect of the study will be shared at the conference.

Conclusion:

Skin diseases especially communicable infections among urban slum dwellers pose a significant threat to community since they come in contact with other citizens in varied ways. Because their physical and psychological endurance and poverty, they hardly ever pay heed to these diseases and seek medical advice.

Keywords:

Dermatoses, slums, Pakistan.



A Case of Mycosis Fungoides: Diagnostic Challenges & Successful Management

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ABSTRACT:

A case study was done to document and analyze the atypical clinical features of Mycosis Fungoides (MF) in a patient, MF is the most prevalent form of cutaneous T-cell lymphoma, a rare and indolent non-Hodgkin lymphoma that primarily affects the skin. Its incidence is 0.64 per 100,000. MF is characterized by malignant T-cells infiltrating the skin. The disease typically presents in a chronic, progressive manner. Early stages are indolent, presenting as non-specific patches or plaques that mimic benign dermatological conditions like eczema or psoriasis, leading to frequent misdiagnosis and delayed treatment. The disease can later evolve into nodular or erythrodermic phases. It may also disseminate to the blood, organs, or lymph nodes, worsening the prognosis. Our case, a 69-year-old male, metal factory worker, presented to the dermatology OPD with pruritic erythematous erosions and ulcerated nodule formation on pre-existing lesions for the last 3 months. The disease started three years ago with an erythematous, mildly scaly, pruritic patch on the volar aspect of his wrist which spread gradually to the whole body over six months. Management done on basis of LP and ACD but ineffective. No appendageal involvement, no lymphadenopathy. systemic review and investigations were unremarkable. For confirmatory diagnosis, skin biopsy was done which showed dense atypical lymphocytic infiltrates with irregular cerebriform nuclei at the dermoepidermal junction, as well as invasion of the epidermis. The patient was diagnosed with Mycosis Fungoides stage IIB. The patient was started on methotrexate and referred to oncologist for opinion. He was put on chemotherapy with injection filgrastim, after which the cutaneous nodules and ulcers started improving. This case emphasized the challenges in diagnosis of MF due to its resemblance to benign dermatological conditions, but once confirmed remission can be achieved.

Keywords: Mycosis Fungoides, Cutaneous T-cell lymphoma, Non-Hodgkin lymphoma, Epidermotropism, Filgrastim



Comparison of Efficacy of Topical 5% Dapsone Versus 1% Clindamycin In Mild To Moderate Acne Vulgaris

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ABSTRACT:

BACKGROUND:

Acne vulgaris is most common skin disorder especially among teenagers and adults seeking treatment become a challenging job for dermatologists. Recently, topical dapsone gel has been introduced which is suggested to be an alternative therapeutic option in mild to moderate acne vulgaris as compared to topical antibiotics i.e.: Clindamycin gel. Topical dapsone is considered to be better modality due to anti-microbial and anti-inflammatory effects.

OBJECTIVE:

To compare the therapeutic efficacy in term of good reduction in lesions with topical 5% Dapsone gel versus 1% Clindamycin gel in mild to moderate acne vulgaris.

METHODOLOGY:

This ongoing Randomized Control Trial study comprising of Acne vulgaris patients which is being conducted at dermatology department, Sahiwal teaching hospital, Sahiwal. Patients of both gender and age between 12 to 60 years with mild to moderate acne vulgaris were included. Patients were divided into two groups, group A and group B was treated with once daily application of 5% Dapsone gel and 1% Clindamycin gel respectively. Efficacy was assessed at baseline and at 12th week by %reduction in number of lesions. Data was recorded on pre-designed Performa and analyzed by SPSS-25 version.

RESULTS:

128 patients were enrolled in the study. The majority of patients (96%) were in age group between 16 to 30 years and mean age with standard deviation 23 ± 7.0 was recorded. 'Good' response in dapsone group (71.8%) was statistically significant as compare to Clindamycin group(62.5%). While 'excellent' and 'poor' response was more observed in Clindamycin group (15.6%, 21.8%) as compare to dapsone group(12.5%, 15.6%).

CONCLUSION:

In mild to moderate acne vulgaris, dapsone gel is found to be better therapeutic option than Clindamycin gel.

KEYWORDS:

Acne vulgaris, clindamycin, dapsone, efficacy.



A Rare presentation of Diffuse Cutaneous Mastocytosis

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ABSTRACT:

Mastocytosis is a rare disorder characterised by the proliferation and accumulation of clonal mast cells in various organs, including the skin, bone marrow, spleen, lymph nodes, and gastrointestinal tract. Its incidence is exceptionally low, affecting only one person per 100,000. Cutaneous mastocytosis has three types: maculopapular, diffuse, and mastocytoma. We present a rare case of diffuse cutaneous mastocytosis in a 39-year-old male who presented with recurrent syncope, persistent headache, diarrhoea, weight loss, and a macular rash. These symptoms were associated with vomiting, shortness of breath, palpitations, and facial swelling, but there was no history of hypertension or flushing. On examination, his skin exhibited hyperpigmentation with a dusky macular rash covering his body, sparing the palms, soles, and face. Both the CT abdomen and echocardiogram were normal, but serum tryptase levels could not be measured due to unavailability. The Darier sign was positive, while the remainder of the general physical examination was unremarkable. Biopsy confirmed the diagnosis of diffuse cutaneous mastocytosis, revealing acanthotic epidermis, basal pigmentation, superficial dermal edema, pigment incontinence, and mast cells. Treatment included oral and topical steroids, antihistamines, and leukotriene receptor antagonists, resulting in significant improvement in the patient's condition. This case highlights the importance of considering mastocytosis in patients presenting with systemic symptoms and cutaneous manifestations. Early diagnosis and appropriate treatment can lead to significant clinical improvement.

Keywords:

Mastocytosis, Clonal Mast Cells, Maculopapular rash, Serum Tryptase levels, Darier Sign, Acanthotic Epidermis, Superficial Dermal Edema, Basal Pigmentation.



A multicentric study of cutaneous malignancies

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ABSTRACT:

OBJECTIVE:

Early diagnosis, treatment and referral of patients having cutaneous malignancies for multidisciplinary involvement.

METHODOLOGY:

This is an ongoing descriptive cross sectional study being carried out at Dermatology Department of Mayo hospital and Lahore general hospital. After taking informed consent, patients having cutaneous presentation with features of malignancy are biopsied and relevant markers are carried out where indicated. After labeling the patient, the patient is referred to relevant speciality for treatment.

RESULTS:

Results are yet to be compiled but a number of cases diagnosed otherwise were found to be malignant. For example, a patient from Narowal was having multiple nodular lesions being treated as keloid with multiple intralesional steroid injections, careful examination followed by biopsy and cutaneous markers proved him to be a case of CD30 positive cutaneous T- cell lymphoma, so he was referred to oncology. Another patient having verrucous lesion over the lower lip, being treated as wart turned out to be squamous cell carcinoma when biopsy was done. Likewise a patient treated as lichen planus, when examined carefully, was having poikiloderma, and turned out to be a case of mycosis fungoides on biopsy.

CONCLUSION:

To diagnose cutaneous malignancies, high index of suspicion as well as careful examination and biopsy are gold standards.

KEY WORDS:

Poikiloderma, Lymphoma, Kaposi sarcoma



Effectiveness of Intralesional Vitamin D3 In Treatment of Plantar Warts

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ABSTRACT:

Introduction:

Cutaneous warts are treated primarily with destructive methods such as cryotherapy or electrocautery. These modalities of treatment are time-consuming and are associated with scarring in multiple warts. Immunotherapy is emerging as a new modality of treatment which acts on enhancing cell-mediated immunity against human papillomavirus for clearance of both treated and distant warts.

Objective:

To assess the effectiveness of intralesional vitamin D3 in treatment of plantar warts.

Study Design: Descriptive case series

Setting: Department of dermatology, Jinnah Hospital, Lahore.

Duration: six months from 18-03-2021 to 18-09-2021.

Material and Methods:

65 patients fulfilling inclusion criteria were enrolled after informed consent and approval from hospital ethical board. Patients were advised not to use any other home remedies during this time period. Selected wart was first injected with Lignocaine 0.2ml (20mg/ml). Then 0.6ml of injection vitamin D3(200000 IU) was gradually injected with 27-gauge insulin syringe at the base of wart, every 2 weekly for maximum of 4 sessions or until complete clearance whichever comes first. Clinical changes and adverse reactions were recorded every 2 weekly. The treatment were considered effective if there is complete resolution of wart on inspection and palpation at the end of weeks. Final assessment was done 2 weeks after the last injection.

Results:

Out of 65 patients, 87.7 % (n=57) were in age group of 18-30 years and 12.3 % (n=8) were in age group 31-45 years. Mean age was 26.69 ± 4.63 years. Distribution of duration of warts was 4.71 ± 3.57 months. Male were 73.8 % (n=48) and females were 26.2 % (n=17). Distribution of effectiveness was done according to which 70.8% (n=46) got complete recovery.

Conclusion:

We found that 70.8% got effectiveness. So we concluded that intralesional vitamin D3 is an effective treatment for plantar warts.



Factors Contributing To Recurrent Dermatophytosis In Outpatients At Tertiary Care Hospital

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ABSTRACT:

Objectives:

To identify the factors contributing for recurrent fungal infections.

Methodology:

This descriptive cross-sectional study, was conducted at the Aga Khan University Hospital Karachi's Department of Dermatology outpatient clinics. Patients were recruited over one year. Participants were adults aged 18-70 years with a documented history of treated fungal infections and experiencing a recurrence within the past 6 weeks.

Data collection involved a pre-designed questionnaire, administered after ethical approval and informed consent, capturing patient demographics, medical history, hygiene practices, environmental factors, and treatment history. Statistical analysis using STATA version 17 includes descriptive statistics, Shapiro-Wilk normality test, for the remission t-tests, odds ratios, and comparative analysis to determine the prevalence and potential risk factors for recurrent fungal infections.

Results:

The preliminary results analysed from study include 32 patients, with a majority (75%) being female. The median age was 34 years. Tinea corporis and tinea cruris were the most common previous infections. For current infections, these two types were also most prevalent along with that average remission time was 2.48 weeks with a standard deviation of 1.27 weeks. The data met the assumptions for normal distribution (Shapiro-Wilk test, $p = 0.60$). Multiple factors were compare in the study for recurrence of dermatophytosis. 24 of the patients having the hygiene issues (washing the site with towel), 15 (46.9%) are those whose family had active fungal infections. Using steroids (50%) as medications is also a significant factor for recurrence. Change of climate (50%) also play's a significant role in recurrence of dermatophytosis.

Conclusion:

While the data snippet is limited, it suggests that among this sample, recurrent dermatophytosis is more common in females and typically involves tinea corporis and/or tinea cruris. The average remission time was approximately 2.5 weeks.

Keywords:

Recurrent fungal infection, Tinea Corporis, Tinea Cruris



Frequency of Various Dermoscopic Patterns of Pityriasis Versicolor

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ABSTRACT:

FREQUENCY OF VARIOUS DERMOSCPIC PATTERNS OF PITYRIASIS VERSICOLOR

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Background:

Pityriasis versicolor (PV) is a fungal infection of the superficial layer of skin caused by *Malassezia* yeasts. In this study we used dermoscopy as a noninvasive procedure to analyze various dermoscopic patterns of Pityriasis versicolor lesions that are hypo- and hyperpigmented.

Objective:

To describe the dermoscopic features of hypopigmented and hyperpigmented lesions of PV.

Methods:

A cross-sectional study was conducted in the Dermatology Department of Services hospital, Lahore, Pakistan. Total of 37 patients were chosen. Dermoscopy was performed using Heine delta 30 dermoscope connected to S20FE camera polarized mode at 10x magnification. Data was entered and analyzed using SPSS 27.

Results:

A total of 52 lesions from 37 patients were included in the study among which 38 lesions were hypopigmented and 14 lesions were hyperpigmented. Nonuniform pigmentation was the most common dermoscopic feature seen in both hypopigmented lesions (n=35, 92.11%) and hyperpigmented lesions (n=14, 100%). Scales were seen in 33 hypopigmented lesions (86.84%) and 13 hyperpigmented lesions (92.86%). Inconspicuous ridges and furrows and perilesional hyperpigmentation were other significant features seen in dermoscopy of the lesions.

Conclusion:

This study contributes new insights into the dermoscopic patterns of PV, improving the diagnostic accuracy in challenging cases.



Periorbital Rejuvenation

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ABSTRACT:

Introduction:

We want to share our clinical experience in the category of periorbital rejuvenation by using autologously retrieved materials like PRP & PRF for the use of beauty enhancement of the face.

Abstract Summary:

The periorbital region, encompassing the eyes and surrounding structures, plays a pivotal role in facial aesthetics and expression. Changes in periorbital skin color, texture, thickness, and position can significantly impact facial appearance, often leading to dissatisfaction and seeking of corrective interventions. Surgical procedures have traditionally been the mainstay for addressing these concerns; however, advancements in non-surgical techniques offer promising alternatives. This presentation explores various non-surgical modalities for periorbital rejuvenation, with particular emphasis on the application of platelet-rich fibrinogen (PRF) in combination with other therapeutic approaches. PRF, derived from the patient's own blood, contains growth factors and cytokines known to promote tissue healing and regeneration. When used strategically alongside other modalities such as dermal fillers, neuromodulators, and laser treatments, PRF can enhance outcomes by addressing multiple aspects of periorbital aging and rejuvenation. Our clinical experience underscores the efficacy and safety of these combined approaches in achieving natural-looking results while circumventing the need for invasive surgical procedures. By tailoring treatments to individual patient needs and leveraging the synergistic effects of PRF with complementary therapies, practitioners can optimize periorbital aesthetics with minimal downtime and reduced risk. This presentation aims to provide clinicians with a comprehensive overview of contemporary non-surgical options for periorbital rejuvenation, highlighting the integration of PRF as a versatile tool in aesthetic practice. Through case studies and outcomes analysis, we demonstrate the potential of these approaches to meet patient expectations for enhanced periorbital beauty and restored facial harmony. Learning Objectives To expertise the young dermatologists for better & safe options for aesthetic appearance of face.



Comparison of Outcome Of Microneedling With Autologus Platelet Rich Plasma Verses Microneedling With Topical Insulin In The Treatment of Post-acne Atrophic Scars.

Author: Sara Mubeen
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ABSTRACT:

Objective:

To compare the outcome of micro-needling with autologous platelet rich plasma versus micro-needling with topical insulin in the treatment of post-acne atrophic scars.

Methods:

80 patients fulfilling the inclusion criteria were enrolled. Goodman and Baron's Qualitative Scarring Grading System was used to calculate grade at enrollment and at a monthly interval for total 4 sessions and follow up visit after 2 months of last session. Following micro-needling with a derma roller, topical applications of 2ml of human actrapid insulin was done in group-A and 2ml of PRP in group-B. Percentage reduction of acne scar grade was calculated. Data was analyzed in SPSS v25.0. Chi-square test was applied for Comparison of outcomes in terms of post-treatment percentage reduction of grades from patient's baseline grade. P-value of <0.05 was considered significant.

Results:

Males and females were 10(25.0%) and 30(75.0%) respectively in group-A, while 13(32.5%) males and 27(67.5%) females were enrolled in group-B. The mean age of patients was 23.68 ± 5.03 years and 24.48 ± 4.75 years in group-A and B correspondingly. The mean duration of scar was 4.5 ± 2.1 years in group A and 4.9 ± 2.3 years in group B. In group A the mean exposure to sunlight was 4.9 ± 2.3 hours and in group B was 4.7 ± 2.1 hours. Mean percentage reduction of grades of scar in group-A was $55.42 \pm 12.74\%$ and $23.33 \pm 16.79\%$ in group-B.

Conclusion:

Micro-needling with insulin has more efficacy than micro-needling with Platelet Rich Plasma in treating acne scars. This combined procedure is cost effective, favourable for all skin types with minimal post-inflammatory hyperpigmentation. Also this novel combination procedure is convenient for both doctors and patients as no high skills are required, no need to take I/V line and less time consuming.

Keywords:

Acne vulgaris; Micro-needling; Platelet Rich Plasma; Insulin, Post-acne atrophic scar.



Efficacy And Safety Of Topical Metformin Versus Kligman's Formula In Treatment of Melasma- A Split Face Study

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ABSTRACT:

Background:

Melasma is an acquired pigmentary disorder posing a significant cosmetic concern. Kligman's formula, a widely used combination, is known for its effectiveness but has potential side effects. Metformin, an oral anti-diabetic agent, has shown anti-inflammatory and anti-oxidative properties, suggesting its role in dermatology, particularly in melasma.

Aims: To compare the efficacy and safety of topical Metformin with Kligman's formula in the treatment of melasma through a split-face design.

Methods:

This was a quasi-experimental study conducted on 66 patients with melasma over a period of 12 weeks. Patients were asked to apply the gold standard Kligman's formula on right side of the face and topical metformin on left side at bedtime. Efficacy was assessed using photographs, melanin index measurements, and patient-reported outcomes. Safety was evaluated by monitoring adverse effects, such as erythema, burning and itching, on both sides of the face.

Results:

A total of 57 patients were included in our study, with a majority of 49 (86%) being female, compared to 8 (14%) males. The mean age was 32.63 ± 6.64 years. There was a significant improvement in the mean MASI scores from baseline to 3 months. On the side, treated with Kligman, the mean MASI decreased from 7.60 ± 3.44 to 4.34 ± 3.01 and topical metformin showed a similar reduction from 7.75 ± 3.44 to 4.96 ± 3.04 ($p < 0.05$). The mean hemi-MASI score was lower on the right side as compared to the left side. This showed a slightly greater efficacy of Kligman's formula in reducing melasma, although both treatments were effective. On follow up, we found 24 cases with adverse events due to kligman's formula and 12 cases with topical metformin.

Conclusion:

Topical Metformin could be an alternative for patients with a lower risk of side effects. Further studies with larger sample sizes and longer follow-ups needed.

Keywords:

Melasma, Kligman's formula, Metformin.



Dermatoscopic assessment of nailfold capillary patterns in different autoimmune connective tissue diseases

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ABSTRACT:

Background:

Nailfold capillaroscopy offers a promising noninvasive method to detect early morphological changes in proximal nailfold capillaries across various autoimmune connective tissue diseases. Recently, handheld dermatoscope can be used to identify these changes.

Aim:

To identify nail fold capillary patterns in various autoimmune connective tissue diseases using dermatoscope and to establish the correlation between morphological changes and severity of the disease.

Methods:

This cross-sectional study was conducted over a six-month period at the outpatient department of Ghurki Trust Teaching Hospital, focusing on patients with autoimmune connective tissue diseases, primarily Systemic Lupus Erythematosus, Systemic Sclerosis, Dermatomyositis, and Rheumatoid Arthritis. A total of ninety-six patients were included and categorized based on their primary connective tissue disease. Dermatoscopic assessments were performed using a handheld HEINE DELTA 30 dermatoscope to evaluate various capillary patterns. Additionally, disease-specific markers and disease activity for each patient were assessed as part of the study protocol.

Results:

The study included 96 patients, with a higher prevalence of female patients (84.4%). The majority of the patients (65.6%) had been suffering from their respective diseases for 1-10 years. Rheumatoid arthritis was the most common disease (51.0%), followed by systemic lupus erythematosus (27.1%), systemic sclerosis (16.7%), and dermatomyositis (5.2%). Nailfold capillary patterns varied among the different diseases, with normal patterns observed in 27 patients (28.1%), nonspecific patterns in 28 patients (29.2%), and scleroderma patterns in 41 patients (42.7%). A significant correlation was found between disease severity and capillary patterns ($p < 0.001$).

Conclusion:

Dermatoscopic patterns may reflect underlying disease activity and severity, providing a potential noninvasive biomarker for monitoring patients with autoimmune connective tissue diseases.

Keywords:

Dermatoscope, nail-fold capillary patterns.



Comparison of Efficacy of Narrow Band UVB Phototherapy With Emollients In Uremic Pruritus Patients

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ABSTRACT:

PATIENTS

Dr Humaira Kousar, Dr Zahid Rafiq (Supervisor)

ABSTRACT (Words=242)

Background:

Uremic pruritus is most frequent symptom observed in patients with end stage kidney disease affecting patient's quality of life. Treatment of uremic pruritus may become a difficult task for dermatologist especially for patients unresponsive to topical and systemic therapies. Narrow Band UVB (NBUVB) has been used as safe and effective therapy in patients with uremic pruritus refractory to topical and systemic therapies in last few decades. Topical emollients with high water content are used widely to treat dry skin and shows improvement.

Objectives:

To compare decrease in mean pruritus score (5-D itch score) between NBUVB v/s topical emollients in patients of uremic pruritus.

Methodology:

This ongoing randomized control study which consisted of uremic pruritus patients is being conducted at Dermatology and Nephrology department, Sahiwal Teaching Hospital/ Sahiwal Medical College. Patients of uremic pruritus with moderate to severe pruritus (5D itch score > 15) of both sex and age between 18-60 years were enrolled. Patients divided into two groups, one group was treated with topical emollients (liquid paraffin and white soft paraffin mixed in 1:1) twice daily and other group NBUVB phototherapy was administered with initial starting dose of 280mj/sec twice weekly with 10% increment weekly. Patients reassessed at 4 and 8 weeks and 5 D itch score calculated and recorded on a predesigned proforma. Data was analyzed by using SPSS version 25.

Results:

Results and conclusion will be presented in the conference as this is an ongoing study.

Keywords:

Uremic pruritus, Narrow Band UVB phototherapy



Comparison of the Effectiveness and safety of intralesional Vitamin D3 with BCG vaccine in the treatment of plantar warts

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ABSTRACT:

INTRODUCTION:

Plantar warts are benign epidermal proliferations on the soles caused by the human papillomavirus (HPV). Conventional treatments often lead to pain, scarring, and recurrence. This study compares the effectiveness and safety of intralesional Vitamin D3 and Bacillus-Calmette-Guerin (BCG) vaccine in treating plantar warts, addressing the need for safer and more effective alternatives.

OBJECTIVE:

To compare the effectiveness and safety of intralesional Vitamin D3 with intralesional Bacillus-Calmette-Guerin (BCG) vaccine in the treatment of plantar warts.

METHODS:

This quasi-experimental study was conducted at the Dermatology Department, Unit 1, KEMU/Mayo Hospital Lahore over one year. A total of 60 patients diagnosed with plantar warts were randomly assigned into two groups: Group A (30 patients) received intralesional Vitamin D3, and Group B (30 patients) received intralesional BCG vaccine. Both treatments were administered fortnightly for up to three doses. Effectiveness was assessed based on a 50% clearance rate of warts, while safety was evaluated by monitoring side effects. Data were analyzed using SPSS Version 23.

RESULTS:

The study found that intralesional Vitamin D3 was effective in 88% of the patients, compared to 76% effectiveness achieved with BCG vaccine immunotherapy. Both agents were considered safe; however, Vitamin D3 treatment resulted in fewer side effects than BCG.

CONCLUSION:

Intralesional Vitamin D3 demonstrates higher effectiveness and better safety profile compared to intralesional BCG vaccine in the treatment of plantar warts, making it a superior option for patients.

KEYWORDS:

Intralesional Vitamin D3, Bacillus-Calmette-Guerin (BCG) vaccine, Plantar warts, Effectiveness, Safety.



Clinical Evaluation of the Efficacy and Safety of Double Needle Thread Lift for Facial Contouring

Author: Dr. Tahir Kamal
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ABSTRACT:

Background:

The double needle thread lift is a minimally invasive cosmetic procedure designed to enhance facial contours and promote skin tightening. Despite its increasing popularity, comprehensive clinical data evaluating its efficacy and safety are limited.

Objective:

To assess the clinical outcomes and safety profile of the double needle thread lift in patients seeking non-surgical facial rejuvenation.

Methods:

This study involved 50 participants aged 35-65 years with mild to moderate skin laxity. Each participant underwent a double needle thread lift procedure. Outcomes were evaluated at baseline, and at 1, 3, and 6 months post-procedure. Primary endpoints included patient satisfaction, physician-assessed improvement using the Global Aesthetic Improvement Scale (GAIS), and objective skin tightening measured via digital imaging. Secondary endpoints included adverse events and pain assessment using a Visual Analog Scale (VAS).

Results:

At 6 months post-procedure, 85% of participants reported high satisfaction with the aesthetic outcomes. GAIS scores indicated significant improvement in facial contours and skin tightness in 78% of cases. Digital imaging showed a mean reduction in skin laxity of 25%. Adverse events were mild and transient, including swelling (60%), bruising (50%), and mild discomfort (30%). No severe complications were reported.

Conclusion:

The double needle thread lift is an effective and safe option for patients seeking non-surgical facial rejuvenation, with high satisfaction rates and a favorable safety profile. Further long-term studies are warranted to confirm these findings and optimize procedural techniques.

Keywords:

Double needle thread lift, facial rejuvenation, minimally invasive, skin tightening, clinical outcomes, patient satisfaction.



Comparison of efficacy of apremilast versus methotrexate+ apremilast in chronic plaque psoriasis

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ABSTRACT:

INTRODUCTION:

Chronic plaque psoriasis is a prevalent dermatological condition that requires effective long-term management. This study aims to compare the efficacy of apremilast alone versus methotrexate combined with apremilast in treating patients with chronic plaque psoriasis. **OBJECTIVE:** To compare the efficacy of apremilast versus methotrexate plus apremilast in patients with chronic plaque psoriasis. **OUTCOME MEASURE:** Percentage reduction in Psoriasis Area and Severity Index (PASI) score. **STUDY DESIGN:** Randomized controlled trial. **SETTING:** Department of Dermatology, Services Hospital, Lahore. **STUDY DURATION:** Six months, from December 16, 2023, to June 15, 2024. **SUBJECT & METHODS:** This study included 60 patients with chronic plaque psoriasis, divided into two groups using non-probability consecutive sampling. Group A received apremilast 30 mg twice daily, while Group B received a combination of oral methotrexate (15 mg per week) and apremilast 30 mg twice daily. The primary outcome measure was the reduction in PASI score, assessed at baseline and after three months of treatment. Data were analyzed using SPSS version 25.0, with chi-square tests applied post-stratification to evaluate the impact of age, gender, and duration of disease on treatment efficacy. **RESULTS:** The study cohort comprised 34 males (56.7%) and 26 females (43.3%), with a mean age of 42.80 ± 10.68 years. The mean baseline PASI score was 28.25 ± 5.86 , which significantly reduced to 7.09 ± 2.18 after three months. The mean percentage reduction in PASI score was $73.33 \pm 11.01\%$. Group A (apremilast) showed a mean PASI reduction of $69.89 \pm 11.22\%$, while Group B (methotrexate plus apremilast) showed a reduction of $76.76 \pm 9.80\%$ ($p = 0.014$). Efficacy was reported by 42.9% of patients in Group A and 57.1% in Group B. Significant differences in efficacy were observed in subgroups based on age and gender.

CONCLUSION:

The combination of methotrexate and apremilast demonstrated superior efficacy.



Efficacy of Topical Calcipotriol 0.005% For The Treatment of Alopecia Areata

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ABSTRACT:

Introduction:

Alopecia areata (AA) is considered a T-cell mediated autoimmune disease characterized by patchy loss of hair from scalp and other body parts with no definitive treatment. Calcipotriol is a vitamin D analogue and a potent immune modulatory molecule. In recent studies, low serum vitamin D levels have been observed in patients with AA and various autoimmune diseases. Previous reports have also described the effects of vitamin D on hair follicles.

Objective:

To determine the efficacy of topical calcipotriol 0.005% in patients with mild to moderate alopecia areata.

Study Design: Descriptive case series study.

Setting: Department of Dermatology, Shalamar Hospital, Lahore.

Duration of Study

Study was carried out over a period of six months from 05-09-2023 to 05-03-2024.

Material and Methods:

Hundred patients, fulfilling the inclusion criteria, presenting to the Dermatology department, Shalamar Hospital, Lahore were enrolled in the study after taking approval from hospital ethical committee and informed consent from the patient. All the patients were applied topical calcipotriol 0.005% two times daily on the patches of alopecia for a period of 12 weeks. Efficacy was measured at the end of 12 weeks as per operational definition. All the information was noted on a predesigned proforma.

Results:

We found that total of 100 patients, mean age 26.41 ± 9.64 years and duration of alopecia was 2.00 ± 0.71 months. There were 54.0% (n=54) were male and 46.0% (n=46) females. Frequency of positive family history of alopecia areata was 20.0% (n=20) and efficacy of topical calcipotriol 0.005% was 69.0% (n=69).

Conclusion:

Calcipotriol may serve as an effective treatment option in mild-to-moderate patchy AA, and calls for more extensive controlled studies with this treatment.

Keywords:

Alopecia areata, Calcipotriol, Efficacy, SALT score.



Efficacy And Safety of Topical Spironolactone Versus Topical Clindamycin In Treatment of Acne Vulgaris: A Split Face Study

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ABSTRACT:

Background:

This study compares the efficacy and safety of topical spironolactone 5% counter to topical clindamycin 2% in treating acne vulgaris within the same patient.

Methods:

A non-randomized clinical trial was conducted at Ghurki Hospital's Dermatology Department, following ethical approval. Informed consent was taken for applying Spironolactone 5% on the right face and clindamycin 2% on the left face twice daily for 12 weeks. The Global Acne Assessment Scoring System (GAAS) was applied at 0, 2, 4, 6, 8, and 12 weeks to measure efficacy, defined as achieving GAAS 0 or 1 at 12 weeks, with relapse observed at 24 weeks. Data was analysed through SPSS version 27.

Results:

The study consists of 42 patients (90.48% female, 49.52% male) predominantly aged 18-29 years. Disease extent was 3-6 months in 35.71% and 6-12 months in 45.24% of cases. Clindamycin significantly decreased mean inflammatory lesions from baseline (3.10 ± 1.75) to 24 weeks (0.24 ± 0.66), and non-inflammatory lesions from baseline (15.5 ± 5.71) to 24 weeks (1.93 ± 2.69), accomplishing a success rate of 97.6%. Spironolactone decreased inflammatory lesions from baseline (3.10 ± 1.37) to 24 weeks (0.51 ± 0.68), and non-inflammatory lesions from baseline (15.54 ± 4.90) to 24 weeks (0.54 ± 1.27), with a success rate increasing from 4.8% to 51.2% at 24 weeks.

Conclusion:

Topical clindamycin 2% achieved superior efficacy over topical spironolactone 5% in treating acne vulgaris, as confirmed by GAAS scores and lesion reductions. Notably, spironolactone demonstrated significant efficacy in reducing non-inflammatory lesions, with a considerable reduction observed from baseline to 24 weeks.



Trichoscopic Evaluation of Therapeutic Response To Oral Tofacitinib Therapy In The Treatment of Alopecia Areata

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ABSTRACT:

Background:

Alopecia Areata (AA) is a common autoimmune disorder resulting in patchy hair loss and, in severe cases, complete baldness. Despite various treatment options, effective therapies are still limited. Tofacitinib, an oral JAK inhibitor, has shown potential in promoting hair regrowth. However, detailed trichoscopic evaluations of its effects are lacking.

Objective:

This study aims to evaluate the therapeutic response to oral tofacitinib in AA patients using the Severity of Alopecia Tool (SALT) and trichoscopic analysis.

Methods:

In this descriptive case series, 68 patients with AA, aged 12-70 years, will be recruited from the Dermatology Department at Ghurki Trust Teaching Hospital. Patients will undergo assessments at baseline, 8 weeks, and 16 weeks. SALT scores and trichoscopic parameters—such as follicular units per opening, black dots, broken hairs, exclamation mark hairs, tapered hairs, yellow dots, and vellus hairs—will be analyzed to determine treatment efficacy.

Results:

Preliminary findings indicate that tofacitinib treatment leads to significant improvements in both SALT scores and trichoscopic parameters. There is a notable reduction in black dots and broken hairs, and an increase in follicular units and vellus hairs. Trichoscopic evaluation also reveals a reduction in exclamation mark and tapered hairs, suggesting a positive response to treatment.

Conclusion:

The study demonstrates that oral tofacitinib effectively improves hair regrowth in AA patients, as evidenced by both SALT scores and trichoscopic changes. These results highlight the value of incorporating trichoscopic evaluation into clinical practice to monitor and enhance treatment outcomes for AA.



Nail Psoriasis: A Comparative Study Between Dermoscopic and Clinical NAPS I Scoring

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ABSTRACT:

Title: Nail Psoriasis:

A Comparative Study Between Dermoscopic and Clinical NAPS I Scoring

Introduction:

Nail psoriasis (NP) is a common comorbidity in patients with chronic plaque psoriasis, affecting approximately 50% of cases. It manifests as nail abnormalities, including pitting, onycholysis, and subungual hyperkeratosis, which significantly reduce patients' quality of life. The Nail Psoriasis Severity Index (NAPS I) is commonly used to assess NP, but it may fail to detect subclinical changes. Dermoscopy, a non-invasive diagnostic tool, has shown potential in enhancing early detection. This study compares the sensitivity of clinical NAPS I with dermoscopic NAPS I (dNAPS I) in identifying early NP.

Methods:

This cross-sectional study was conducted at Ghurki Trust Teaching Hospital, Lahore, involving 95 adult patients diagnosed with chronic plaque psoriasis. Each patient underwent clinical evaluation using NAPS I and dermoscopic evaluation using dNAPS I. Both systems assessed nail matrix and nail bed changes, with dermoscopy providing enhanced visualization of features such as capillary dilation and structural alterations. Data analysis was performed using SPSS version 27.0, with mean scores compared using paired t-tests and statistical significance set at $p < 0.05$.

Results:

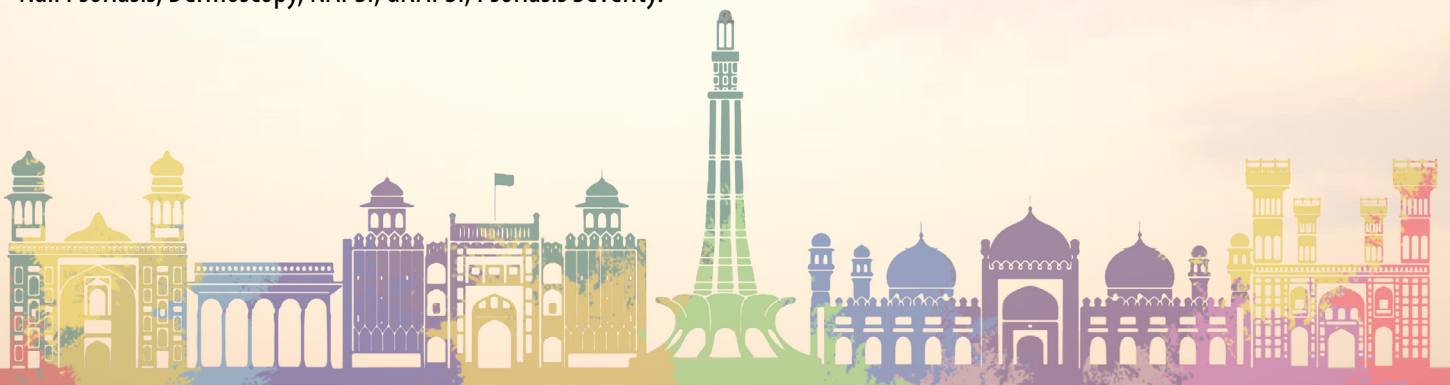
The mean dNAPS I scores were significantly higher than clinical NAPS I scores, indicating superior sensitivity in detecting early nail changes such as dilated nail bed capillaries and longitudinal erythema. Dermoscopy revealed subclinical findings, including salmon patches and lunular red spots, which were undetected by clinical examination. The moderate correlation ($r = 0.65$) between NAPS I and dNAPS I scores suggests that dermoscopy detects additional nail abnormalities.

Conclusion:

Dermoscopy provides enhanced diagnostic accuracy over clinical examination for the early detection of nail psoriasis. The dNAPS I system is a more sensitive and precise tool for evaluating NP, supporting earlier diagnosis and improved disease management. Incorporating dermoscopy into routine practice could enhance therapeutic decision-making, particularly in subclinical or mild cases.

Keywords:

Nail Psoriasis, Dermoscopy, NAPS I, dNAPS I, Psoriasis Severity.



Frequency of risk factors in patients with melasma

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ABSTRACT:

Background:

Melasma is a common, acquired, recurrent and chronic disorder of hypermelanosis. It is distributed symmetrically and affects the sun-exposed areas mainly the face (forehead, cheeks, upper lip and chin), and manifests as light to dark brown patches of hyperpigmentation. The objective of this study is to identify the major predisposing and aggravating factors of melasma.

Materials and methods:

This was an observational, prospective study, conducted at outpatient department of dermatology at Aga Khan university hospital, Karachi among 102 patients with melasma for a period of 6 months. Melasma was diagnosed clinically and using Wood's lamp examination. Factors such as the age at presentation, gender, duration of sun exposure per day, use of whitening creams, use of sunscreen, pregnancy, menstrual irregularity and family history were studied. Data were analyzed using SPSS version 20. Descriptive statistical tools like mean and Standard Deviation (SD) were used for quantitative variables; frequency and percentage for categorical variables. A p value of < 0.05 was considered as statistically significant.

Results:

Out of 102 patients, 80 patients were females and 22 patients were males with F: M ratio 4:1 and most of the patients were in the age group of 32-48 years. Significant family history was observed in 62% patients. Sun exposure for >3 hours was observed to be an important aggravating factor in around 77% and exacerbation during pregnancy was noted in 26% of patients. 12% females were menopausal and 27% patients had history of use of whitening creams.

Conclusion:

It can be concluded from this study that the above factors play a significant role in the development and prognosis of melasma. Sun exposure for longer duration was observed to be a very significant factor, family history, inadequate sunscreen application and use of whitening creams play a pivotal role in melasma.



Efficacy of Topical Cysteamine Vs Topical Triple Combination Therapy In The Treatment of Melasma:an Interventional Trial

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ABSTRACT:

Objective:

To evaluate the efficacy of topical cysteamine vs topical triple combination therapy (TCT) in the treatment of melasma.

Methodology:

An interventional comparative trial was conducted in the Dermatology department, Services Hospital Lahore on a total of 60 patients (30 patients in each group) selected by non-probability purposive sampling. Patients over 18 years of age having melasma for at least 3 months were included in the study. Pregnant or lactating females, patients with any recent dermatosis of the face, significant occupational sun exposure, and patients who took any other treatment for melasma in the last 3 months were excluded from the study. Patients with melasma were enrolled after ethical approval and informed consent. Demographic data and mMASI were recorded before and after treatment on a preformed proforma and photos were taken for record. Melasma was classified as mild, moderate, and severe according to mMASI of 2.7-5.7, 5.8-7.9, and >8 respectively. Data was entered and analyzed using SPSS 27. Mean values were calculated for quantitative variables and frequencies for qualitative variables. Chi-square test was used for statistical analysis with a significant threshold of $p < 0.05$.

Results:

Patients in the TCT group achieved earlier improvement in melasma (60%) but 30% couldn't continue treatment due to irritation and erythema. Cysteamine showed comparable efficacy (97%) with dryness and transient erythema being the only side effects.

Conclusion:

Cysteamine is effective in reducing mMASI score in 8 weeks of therapy, although it may act slowly, but its non-irritating nature and absence of risk for ochronosis make it a viable alternative or adjunct to triple combination therapy, especially in patients with sensitive skin.

Keywords:

Melasma, cysteamine, triple combination therapy



To Determine The Efficacy of 5% Topical Dapsone In The Treatment of Acne Vulgaris

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ABSTRACT:

Introduction:

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit characterized mainly by comedones, papules, pustules and nodulo-cystic lesions affecting the face and upper trunk. Topical dapsone 5% gel is approved for treatment of acne vulgaris because of its anti-inflammatory and anti-bacterial properties.

Objective:

To determine the efficacy of 5% topical dapsone in the treatment of acne vulgaris.

Study Design: Descriptive case series.

Setting: Department of Dermatology, Shalamar Hospital, Lahore.

Duration of Study: Six months from 01-01-2023 to 01-07-2023.

Material and Methods:

After obtaining IRB approval from hospital ethical committee and synopsis approval from College of Physicians and Surgeons, Pakistan, patients meeting the inclusion criteria were enrolled from those presenting in outpatient clinic of Dermatology, Shalamar Hospital, Lahore. Informed consent was taken from all the patients. Patient was evaluated and graded according to IGA score. They were instructed to apply dapsone 5% gel on face twice daily for 12 weeks. Evaluation was done at weeks 2, 4, 8 and at completion of treatment at week 12. All relevant data and IGA score at each visit was recorded on proforma. Photographs were taken at baseline and follow up visits. Efficacy was labelled as per operational definition.

Results:

A total of 162 patients were included in this study. The mean age of patients was 26.59 ± 6.90 years. There were 19.8% (n=32) males and 80.2% (n=130) females. The mean IGA score was 2.61 ± 1.33 at baseline, 2.51 ± 0.61 at 2 weeks, 2.42 ± 0.61 at 4 weeks, 2.22 ± 0.60 at 8 weeks and 2.10 ± 0.61 at 12 weeks. Efficacy was seen in 47.5 % (n=77) patients. There was no statistically significant variation in efficacy with relation to age, gender and marital status.

Conclusion:

It was concluded that 5% topical dapsone may be effective in treatment of mild to moderate acne vulgaris.

Keywords:

Acne Vulgaris, Dapsone, Efficacy.



Comparison of Efficacy of 5% Dapsone Gel And 1% Clindamycin Phosphate Gel In The Treatment of Mild To Moderate Acne Vulgaris

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ABSTRACT:

INTRODUCTION:

Acne vulgaris is a persistent skin condition arising from the blockage of hair follicles by a combination of dead skin cells and skin oil. Common manifestations of this condition encompass blackheads, whiteheads, papules, pustules, and potential scarring. The primary objective of this research was to evaluate the effectiveness and safety of utilizing Dapsone gel for the treatment of acne vulgaris and to compare it with clindamycin gel.

OBJECTIVE:

To compare the efficacy of 5% dapsone gel and 1% clindamycin phosphate gel in the treatment of mild to moderate acne vulgaris.

METHODS:

A clinical trial was conducted at Department of Dermatology, Bahawal Victoria Hospital Bahawalpur, spanning from February 2023 to August 2023. The study involved the enrollment of a total of 110 patients diagnosed with clinically mild to moderate acne vulgaris. Among them, 55 patients in Group I received treatment with dapsone gel, while another 55 in Group II were treated with Clindamycin gel, each administered over a 3 month period specifically targeting individuals with moderate acne vulgaris.

RESULTS:

At baseline, the mean total acne score was 30.90 ± 17.17 in Group I and 29.96 ± 14.23 in Group II ($p > 0.05$). In group-A (5% Dapsone gel), 43 (78.2%) had efficacy, while in group-B (1% Clindamycin gel), 29 (52.7%) had efficacy with a p-value 0.005, which is statistically significant.

CONCLUSION:

The outcome of this study demonstrates that Dapsone 5% gel monotherapy had better efficacious results compared to the clindamycin phosphate 1% gel monotherapy after 12 weeks of treatment, with convenience of once-daily topical application.

KEYWORDS:

Clindamycin, Dapsone, Acne Vulgaris



Bakuchiol As Anti-ageing (hype Vs Reality)

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ABSTRACT:

INTRODUCTION:

It's a natural anti-ageing derived from plants as powerful as retinoids yet gentler to skin

MOA:

Upregulate collagen&ECM production through various pathways

USES IN DERMATOLOGY:

Anti-ageing,depigmentary,anti acne,antioxidant,anti-inflammatory,anti cancer, antibacterial,anti fungal,anti osteoporosis etc

DOSE&ADMINISTRATION:

Topical preparations of variable strengths in form of serums n creams oils n even peels Mostly less than 1% is safe n well tolerated strength

COMBINATION WITH OTHER PRODUCTS:

It's safe n effective to use n combine with other skin care products to increase results like with VitC etc

DON'T COMBINE WITH:

BPO,Retinoids,AHA/BHA peels

ADVERSE EFFECTS:

Mild S/E Redness,dryness,itching,stinging Often well tolerated but allergic reactions are reported

WHO SHOULD AVOID:

Pregnant n lactating women

COMPARISON TO TOPICAL RETINOIDS:

Not less than retinoids in terms of efficacy

CONCLUSION:

It's gaining its popularity as a natural alternative to retinoids , gentler to skin specially with sensitive skin n is celebrated for it's potential in reducing fine line,wrinkles,improved skin tone,acne n acne marks with minimal S/E n better tolerability



Hype or Vile? Perception, Awareness & Practice attitudes of General Practitioners about Pediatric dermatology -A national survey

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ABSTRACT:

Background:

Pediatric care differs from adults in access, challenges and clinical questions. Up to 30% of pediatric primary care visits include a skin-related problem and referrals are avoided due to long wait time.

Pediatric Dermatology is one of most underserved sub specialities in Pakistan. General practitioners and (PCP) and pediatricians encountering the children may face challenges by skin problems being one of the most common clinical presentation. Do they refer to dermatology textbook, consult their colleague, do curbside consultation or straight away refer it and where do they refer because scope of dermatological conditions is so broad as to be beyond the skills of most General practitioners, PCP or pediatricians.

Objective:

To study whether there is early referral of pediatric dermatology cases that fall outside their expertise of GP/PCP and their perception about the need of pediatric dermatologist.

Methods:

A survey 13- questions' anonymous survey was sent to 495 active practicing primary care physicians, general practitioners and pediatricians in Punjab electronically through Google form. Questions were about the role of pediatric dermatologists, their need in tertiary care hospital, curbside consultation and to specify who can perform minor cutaneous surgical procedures among specialists like pediatric surgeon, pediatric dermatologist, pediatricians and general practitioners.

Results:

Response rate was 38%. There were one 112 responses. 82% of respondents were in favor of periodic Dermatology to treat paediatric skin problems than a dermatologist (26% responses) but curbside consultation was unfamiliar to 70% of respondents. 64% respondents suggested that pediatric surgeon to minor procedures as compared to be reactive dermatologist 42%. 95% of respondents agreed that periodic dermatologist is growing need of every tertiary care hospital

Conclusion:

Our primary care physicians and general practitioners agree about the role and need of pediatric dermatology as an expanding sub specialty.



Electrosurgical Facial Revival

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ABSTRACT:

The quest for rejuvenated appearance has led to multiple innovative treatments and have become increasingly popular, offering non-surgical solutions including electrosurgery and radiofrequency micro-needling.

Electrosurgery is the use of high frequency alternating electrical current to cut, coagulate, desiccate, or fulgurate skin tissues for desirable outcomes. These techniques are used to treat flat and protruding lesions such as seborrheic keratosis, viral warts, xanthelasma, dermatosis papulose nigra and lesions under the skin such as syringomilia, milia, comedones, sebaceous hyperplasia, verruca plana and epidermal nevi. Electrosurgery is a safe and effective treatment modality for benign facial lesions related to ageing and offering improved cosmetic appearance, enhanced patients' satisfaction and minimal downtime.

Radiofrequency micro-needling uses RF energy via fine needles to improve skin rejuvenating outcomes by enhancing dermal, subdermal, and adipose heating while further minimizing epidermal heating and its complications. RF micro-needling is an effective and minimally invasive treatment for various facial aesthetical and dermatological conditions. It is generally used for skin rejuvenation, hyperpigmentation and acne scars and customized to individual skin concerns.

We will discuss the various electrosurgical techniques, instrumentation and post operative care protocols, providing a comprehensive view of these treatment modalities and address both functional and cosmetic concerns.

By the end of this presentation, dermatologists will have a deeper understanding of the role of electrosurgery and RF micro-needling in managing facial concerns related to ageing, enabling them to make informed decisions and improve patient outcome.

Learning objectives:

Describe the biophysical foundations of electrosurgery and RF micro-needling in facial revival.

Demonstrate knowledge of electrosurgical techniques and modalities for addressing ageing, fine lines and benign lesions.

Develop a comprehensive treatment plan integrating electrosurgery and RF micro-needling for optimal facial revival.

Summarize potential risks, complications and safety consideration associated with these procedures.



Efficacy of Itraconazole Pulse Therapy With Adjuvant Isotretinoin In The Treatment of Recurrent and Recalcitrant Dermatophytosis

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ABSTRACT:

Introduction:

An increasing number of dermatophytosis is seen now in daily clinical practice, with unusual presentations, running a chronic recurrent course and seems to be more resistant to systemic and topical conventional treatments, which necessitate the use of other treatment options that help to cure these challenging clinical conditions such as isotretinoin along with itraconazole.

Objective:

To determine the efficacy of oral monthly pulse of itraconazole in combination with daily low dose of isotretinoin in the treatment of recurrent and recalcitrant dermatophytosis.

Study Design: Descriptive case series.

Setting: Department of Dermatology, Shalamar Hospital, Lahore.

Duration of Study: Study was carried out over a period of six months.

Material and Methods:

After approval from ethical review board, 60 patients attending the dermatology outpatient department at Shalamar Hospital Lahore, fulfilling the criteria were enrolled in the study. An informed consent was taken. Patients were given oral itraconazole 200mg twice daily for 7 days in each month for 3 months with adjuvant daily dose of 20mg isotretinoin for the same duration. Patients were followed up monthly for first 3 months after starting the treatment and 6weeks after stopping the treatment.

Results:

We found that total 60 patients, mean age of patients was 36.03 ± 6.11 years, duration of disease 6.83 ± 1.86 months, baseline & post treatment clinical assessment score was 3.11 ± 0.61 & 0.16 ± 0.49 . There were 55.0 % (n=33) male & 45.0% (n=27) females. Among the comorbidities studied frequency of diabetes mellitus was 23.3 % (n=14), 15.0 % (n=9) had family history of dermatophytosis, 13.3% (n=8) had atopy history, Usage of immunosuppressive drugs was found in 16.7% (n=10) . Total of 60 patients, efficacy was achieved in 88.3 % (n=53).

Conclusion:

it is concluded that itraconazole pulse therapy with adjuvant isotretinoin daily can be an effective in treating recurrent and recalcitrant superficial dermatophytosis.



Exploring written communication skills of doctors for optimal patient care and professional collaboration

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ABSTRACT:

It has been a common observation in tertiary care hospitals that when doctors receive call letters for patient management the following are common observations

Purpose of call not mentioned adequately

Lack of adequate history

No supportive documents attached

No mention of investigations

No mention of D/Ds or diagnosis

This particular lecture is designed for in depth discussion on this matter



Efficacy and Safety of Exosomes Vs Platelet Rich Plasma in Androgenetic Alopecia

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ABSTRACT:

Introduction:

Androgenetic alopecia (AGA) is a common condition that affects up to 50 percent of males and females. It is characterized by progressive loss of terminal hair of the scalp any time after puberty. It has a very typical distribution in both males and females. In males, hair loss is mostly on vertex and frontotemporal regions, while in women the frontal hairline is mostly involved with diffuse hair loss at the crown and top of head.¹ Currently, FDA approved treatments are topical minoxidil and oral finasteride. But due to its adverse effects, most patients refuse to take this drug. Platelet rich plasma (PRP) is currently effective alternate therapy used very commonly. PRP is autologous concentration of platelets, having multiple growth factors in their alpha granules, injected intradermally in scalp.² There is another emerging treatment modality which is exosomes. Exosomes are 30-150nm extracellular vesicles (EVs) derived from various mesenchymal stem cells (MSCs). Exosomes contain various proteins, nucleic acids and various cell mediators and growth factors. They have same biological properties as that of their parent derived cell along with advantages of small size, easy penetration of biological membranes, low immunogenicity, easy storage, and no tumorization. Recently, exosomes have been genetically modified so that they can exhibit better therapeutic properties, such as enriched active ingredients, targeted delivery, and physiological barrier to penetration.³ Because of their properties they have roll in hair growth. Exosomes are providing promising results in patients of androgenetic alopecia.⁴ Both PRP and exosome therapy has found to be effective in various studies across the globe. Very less literature is found on comparison of these two treatment modalities specially in the world.⁵

Keywords:

Exosomes, Platelet Rich Plasma, Androgenetic Alopecia

Learning Objective:

To compare the efficacy and safety of PRP and Biogenetically engineered Exosomes in patients of androgenetic



Skin Tumours Can Be Deceptive- Anaplastic Large T Cell Lymphoma, A Case Report

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ABSTRACT:

Background:

Lymphoma denotes heterogeneous malignancies arising from the clonal proliferation of B- cell, T- cell and natural killer (NK) cell that have arrest at various stages of evolution constituting 2-8% cases of non-Hodgkin lymphoma in adults and 30% of non-Hodgkin lymphoma cases childhood. Overall out of cutaneous lymphomas, primary cutaneous ALCL constitute about 9% and of all malignancies it amounts about 5%.

Case Report:

We present a case of 58 years old male with nodular lesions involving right thigh gradually increasing in size and area of involvement up up till lower abdomen and below till knee. Gradually developing ulceration and firmness in surrounding skin, the patient kept seeking medical advice until he approached us. Paradoxical to his cutaneous involvement, patient didn't have much of systemic upset and was up and about neither did his metabolic profile show any abnormality. On ultrasound and CT scan the nodular lesions had not invaded the underlying muscles and organs. Histopathology and marker studies were performed that revealed ALK –VE, CD 30 +ve anaplastic large cell lymphoma.

Discussion:

Anaplastic large cell lymphoma belongs to mature T cell neoplasm and for the ease of clinical judgment can be classified into primary cutaneous ALCL, primary systemic ALCL and breast implant associated ALCL.

Conclusion:

Primary cutaneous anaplastic large cell lymphoma (ALCL) is the second most common cutaneous T-cell lymphoma after CTCL or mycosis fungoides and the most deceptive one too because it mimics most benign cutaneous conditions hence delay in management.

Keywords:

Anaplastic large T-cell Lymphoma, Lymphoma



Assessment of quality of life in patients of moderate to severe acne

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ABSTRACT:

Objective:

To calculate mean Dermatology Life Quality Index (DLQI) score in patients suffering from acne to understand influence of disease on their quality of life.

Methods:

This cross-sectional study was done in Dermatology Outpatient Department, Services Hospital Lahore. A standard DLQI questionnaire was employed to check the impact of acne on life quality in each patient. Higher scores indicated more impaired quality of life. DLQI scores along with demographic history was recorded and analysed in SPSS version 25. Mean DLQI score was calculated. Post stratification, Chi-Square test was applied and a p-value ≤ 0.05 was considered significant.

Results:

A total of 103 patients with age ranging from 16 to 30 years with mean age of 22.8 ± 4.4 years. There were 56 (54.4%) were males and 47 (45.6%) females. According to levels of DLQI score distribution, 1 (1.0%) had no psychosocial effects on life, while 26 (25.2%), 26 (25.2%), 43 (41.7%) and 7 (6.8%) had small, moderate, very large and extremely large psychosocial effects on their lives respectively.

Conclusion:

The quality of life is significantly impaired in patients of moderate to severe acne. Before initiating therapy, the dermatologist should take into consideration the psychosocial impact by utilizing QOL measures to enhance treatment efficacy and minimize its psychosocial sequela



Efficacy of Weekly Oral Azathioprine In The Treatment of Alopecia Areata”

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ABSTRACT:

Introduction:

Oral corticosteroids have shown high efficacy in moderate-to-severe disease, however, their long-term use results in serious side effects. Azathioprine has been shown to be efficacious in the treatment of this disease. Weekly azathioprine pulse (WAP) therapy has been shown to have better compliance and reduced cost of treatment, yet comparable efficacy, when compared to daily azathioprine in parthenium dermatitis.

Objective:

To evaluate the efficacy of weekly azathioprine in the treatment of alopecia areata.

Study design: Descriptive case series study

Setting: Department of Dermatology Sharif Medical City Hospital, Lahore. Duration: 30th December 2023 to 29th June 2024

Materials & Methods:

A total of 67 patients with Alopecia Areata, 16-60 years of age of both genders were included. Pregnancy or Lactation, liver diseases, anemia, malignancy, acute/ concurrent infection were excluded. Patients received 300mg azathioprine once weekly for six months. Photographs were taken at first and subsequent visits. Baseline routine laboratory investigations such as complete blood count and liver tests were performed at first visit and then will be repeated on follow-up weekly for the first month 1 and then monthly. Quantitative hair loss assessment was done using SALT score at baseline, three and six months. Efficacy was labeled as per-operational definition.

Results:

Age range in this study was from 16 to 60 years with mean age of 36.07 ± 9.13 years. Majority of the patients i.e. 45 (67.16%) were between 16 to 40 years of age. Out of 85 patients, 33 (49.25%) were males and 34 (50.75%) were females with male to female ratio of 1:1. In my study, the efficacy of weekly azathioprine in the treatment of alopecia areata was found in 48 (71.64%) patients.

Conclusion:

This study concluded that efficacy of weekly azathioprine in the treatment of alopecia areata is quite high.

Keywords:

Alopecia areata, azathioprine, efficacy.



Refining Elegance: Neck Rejuvenation with Aesthetic Amalgamation

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ABSTRACT:

My talk includes following points for discussion with practical tips

Anatomy of neck Causes of neck ageing Skincare for neck Surgical and non-surgical neck lift procedures Non invasive procedures
Skin boosters for neck Radiofrequency with microneedling Co2 resurfacing IPL photofacial HIFU Laser lipolysis
Cool sculpting Llpolytic injections botox, mesobotox, nefrtiti neck liftfillers for horizontal neck lines
Threads Biostimulators



Outcome of Mesotherapy With Topical Tranexamic Acid In Patients With Melasma

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ABSTRACT:

OBJECTIVES:

To determine the outcome of mesotherapy with topical tranexamic acid in patients with melasma.

METHODOLOGY:

A total of 75 patients of age 18-40 years, both genders diagnosed with melasma were included. Patients who were on oral contraceptive pills, pregnancy and lactation, active acne, herpes simplex infections and keloid or hypertrophic scars at site of melasma, on systemic steroids from last 6 months, vitiligo, history of photosensitivity, history of bleeding disorder and any medical illness such as renal, hepatic or endocrinal disorder were excluded. Injection tranexamic acid 500mg/5ml was used. With the help of insulin syringe of 100IU, 4IU (4mg) of TA and 96 IU of normal saline was drawn to get concentration of 4mg/ml. Procedure was performed every four weeks for 3 sessions and complications such as infection, irritation, peeling, redness were noted. Follow-up visit was done 4 weeks after the last session and photographs were taken again to compare with baseline photographs and outcome was calculated.

RESULTS:

Age range in this study was from 18 to 40 years with mean age of 28.99 ± 5.37 years. Majority of the patients 42 (56.0%) were between 18 to 30 years of age. Out of 75 patients, 21 (28.0%) were male and 54 (72.0%) were females with male to female ratio 1:2.6. Our study found that mean MASI score after treatment decreased from 10.63 ± 2.99 at baseline to 7.93 ± 2.15 at 4 weeks after last session with mean change is 2.69 ± 1.23 .

CONCLUSION:

This study concluded that outcome of mesotherapy with topical tranexamic acid in patients with melasma is very good.

KEYWORDS:

Melasma, Mesotherapy, Tranexamic Acid.



Lip and Chin Beautification

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ABSTRACT:

INTRODUCTION:

For rejuvenation, we need to address the concerns of patient in all 3 horizontal parts of face and the lower part is more affected in most cases. Effects of ageing are more evident in this part of face due to the effects of gravity and bone loss as well. After relaxing the hyperactive muscles with neuromodulators, volume loss needs to be addressed first in ageing face. Lip and Chin beautification are of paramount importance in a young face as well. Dermal fillers are the best option for volume enhancement in Lips and Chin. Treatment should be tailored to the facial anatomy of individual patient and results should appear natural, complementing the whole face

SUMMARY:

For cosmetic assessment of face, it is divided in three horizontal areas: upper, middle and lower face. Each part is assessed and dealt accordingly, considering its needs for relaxation, re-fill, re-position and rejuvenation. Lower part of face experiences its ageing effects due to bone loss, gravity and repositioning of fat leading to jowling, inversion of lips, loss of lip volume and recession of chin. It becomes heavier and prominent than other parts of face due to lack of structural support.

Lip beautification aims at enhancing the volume and shape of lips, plump or hydrate thin lips and improve the symmetry. We need to focus on definition, fullness and balance of lips with other parts of face as well.

Non-surgical Chin contouring involves botulinum toxin and dermal fillers to reshape or enhance the chin. Botulinum toxin helps more in younger patients with hyperactive mentalis muscle leading to weakened and blunt looking chin.

H.A based Dermal fillers are the best choice for non-surgical, OPD based procedures for subtle yet natural enhancements and restoration of lost volume. It is also referred as soft lift or liquid facelift.



Trichoscopy- An Economical Solution In Diagnosing Early Female Pattern Hair Loss

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ABSTRACT:

Background

Hair loss is quite common concern affecting millions of people globally, presenting in various forms and severities. Due to multiple underlying causes, accurate diagnosis is crucial for effective management and treatment. Among the diagnostic tools available, trichoscopy, a non-invasive technique using a dermatoscope to examine hair and scalp, has emerged as a valuable method. Traditionally, video dermatoscopy has been the preferred tool for such detailed examinations but neither it is cost effective nor available at most dermatological set ups presenting a challenge for dermatologists. The use of traditional dermoscope can economically revolutionize the diagnostic dilemma.

Objective:

To determine the utility of low-cost simple dermatoscope in diagnosing early cases of female pattern hair loss.

Methods:

A cross sectional study was performed over a span of 6 months in Bajwa Hospital Shahdara and University of Lahore Teaching Hospital on subjects with history of hair loss for less than 6 months and without any obvious broadening of central parting. Trichoscopic analysis of frontal and occipital areas in study subjects was performed using a traditional dermoscope. Trichoscopic changes including heterogeneity in hair shaft width, vellus-like hair, single hair follicle units and yellow dots were documented in cases as well as controls.

Results:

Dermoscopic hair changes were found significantly raised in frontal areas of cases.

Conclusion:

Dermoscopic hair changes are valuable tool to diagnose early cases of female pattern hair loss

Keywords:

Dermoscope, trichoscope, early female pattern hair loss



Lichenoid drug eruption

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ABSTRACT:

A lichenoid drug eruption is an uncommon adverse effect that can happen after taking many drugs. Here we describe a unique case of fenofibrate as the causative agent of a lichenoid drug eruption in a middle aged female. she presented in dermatology clinic with complaints of purplish, well-demarcated, flat-topped papules on her right side of forehead and cheek . The rash appeared 2 months after starting fenofibrate and resolve in one month after stopping the medicine . There are only a few cases of fenofibrate-induced lichenoid drug eruption reported in literature. Due to the rare occurrence, this disease might be overlooked and lead to delayed diagnosis and treatment. It is vital for the attending medical practitioner to be able to diagnose this disease



Biofiller A Regenerative Autologous Breakthrough in Eye Bags Treatment

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ABSTRACT:

Background:

Eye bags, characterized by puffiness or swelling and skin sagging under the eyes, are most challenging cosmetic concerns often associated with aging, genetics, lifestyle, and environmental factors. Traditional treatments include surgical options like blepharoplasty and non-surgical approaches such as eye contour gels, serums and creams, mesotherapy and dermal fillers, fat grafting. Recently, Biofiller has emerged as a promising alternative, offering a more safe, natural and low priced solution.

Methods:

This study reviews the efficacy and safety of Biofiller for the treatment of eye bags. Biofiller, derived from patient own plasma, aims to restore volume, enhance skin elasticity, and reduce puffiness by stimulating collagen production and improving hydration. Patients were observed over a period of 1 year to see longitivity and after results of Biofiller on treated eye bags. Eye bags and overlying skin was observed before and after injection and then followed up after a year to see outcomes.

Results:

Patients treated with Biofiller showed significant improvement in the appearance of eye bags, with reduced puffiness and skin sagging and improved skin texture. The pigmentation was also reduced at the area injected. The skin after one year showed considerable improvement, even when 70-80% of Biofiller was absorbed. The biocompatibility of Biofiller minimized the risk of adverse reactions, and the autologous nature of Biofiller eliminated the possibility of allergic responses. collagen-induction properties of biofiller also contributed to longer-lasting results compared to synthetic fillers. The low price of the procedure allowed us to treat patients from all tiers of the society.

Discussion:

Biofiller represents a safe and effective option for treating eye bags, providing natural looking results with minimal downtime. It offers an appealing alternative for patients seeking non-surgical treatments with reduced risk of complications.

Conclusion:

The use of Biofiller in eye bags treatment demonstrates promising results.



Ozempic Face- Blending Biostimulators To Achieve Volume Restoration

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ABSTRACT:

The aging process leads to changes in the skin's extracellular matrix, resulting in wrinkles and flaccidity due to collagen and elastin breakdown, proteoglycan degradation and decreased skin hydration. Many aestheticians use Ha and collagen bio stimulators to address sagging skin.

HA is a biocompatible, hydrophilic material that hydrates skin and adds volume. CaHA stimulates collagen formation but is gradually absorbed, causing initial volume loss and later collagen formation. Additionally, regenerative therapies, like platelet concentrated such as Fibrin Rich Platelets have been used in various medical procedures including skin rejuvenation. PRF has a shorter working time and forms a three- dimensional fibrin mesh. Professionals use combination of these materials such as HA, CaHA and PRF to leverage their advantage for patient skin rejuvenation. The "Rich Blend" protocol is a novel approach designed based on scientific studies to address age- related skin concerns. It involves a combination of collagen bio stimulation and the restoration of facial volume using a mixture of well-established materials; CaHA, HA and PRF. This protocol aims to harness the unique advantages of each material for specific facial regions.

15 adult patients underwent non-surgical facial rejuvenation with Rich Blend procedure in our aesthetic setup. Patients were provided with specific informed consent for the treatment with rich blend for rejuvenation, volume, contouring and lifting of the skin before initiation of the procedures. The areas to be injected were appropriately marked with the patient in an upright position. As with all aesthetic surgical and dermatological procedures, pre-treatment photography was done.

Patients were assessed using GAIS and our treatment approach has resulted in >80% satisfactory results for the Rich Blend protocol. In a possible self-reporting options range very good, good, acceptable, and non-acceptable reported, 87% of very good 47% excellent and 41% good, concluding that 89% of 50 patients would choose



Aesthetic facial neuromodulation

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ABSTRACT:

Botulinum toxin treatment serves as a doorway for patients who are entering the world of cosmetic procedures for the very first time. Any vague concern or fear they might have had of cosmetic treatments in general is quickly dispelled with this simple 5-min procedure, leaving them amazed and thrilled at how effortless it can be to restore their youth and beauty. Happy patients in turn become loyal patients who are more apt to take the next big step into trying other more invasive cosmetic procedures. From a financial point of view, therefore, botulinum toxin treatments can become a significant contributor to the clinic's overall bottom line. Conversely, however, patients who experience negative results from their initial botulinum toxin treatment may never visit the clinic again. This underlines the significance of botulinum toxin treatments as the essential starting point and stepping stone for doctors in laying the foundation for mutual trust and relationship with their patients. This paper provides a comprehensive overview of the mechanisms of efficacy and safety of Botox in patient neuromodulation by inhibiting acetylcholine release at neuromuscular junction. Botox effectively reduces the muscle activity leading to the smoothing of the dynamic wrinkles and the amelioration of various neurological conditions. When treating the upper face, a "frozen" corrugator or procerus muscle affects facial expression but does not present any functional problems. In contrast, paralysis of the orbicularis oris, DAO, or mentalis muscles can affect functions, such as speech and mastication. In addition, compared with the upper face, the lower face muscular anatomy is quite complex, with muscular fibers closely overlapping; therefore, caution is advised when administering BoNT injections. The upper face allows u for higher doses, but for mid & lower face u must be on minimal doses



Anatomy of Aging Face

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ABSTRACT:

Introduction:

In the last few years, world-over there has been a tremendous increase in demand and practice of anti-aging and rejuvenation procedures. For best and safe delivery of optimum clinical results, proper understanding of facial anatomical changes associated with aging is mandatory.

Abstract Summary:

Human aging is an unavoidable process of getting old and is typically reflected on face. This is a multifactorial process, and the anatomical changes associated with aging can be best understood by visualizing the layers configuration of face. Face is broadly speaking a five layered structure and skull forms the basic framework over which the remaining layers are enveloped. Shrinkage of skull with superomedial and inferolateral elongation of orbital orifices, maxillary recession, deepening of pyriform space, and mandibular retrusion are the major ailments seen with aging. Though deep fat pads atrophy but subcutaneous fat drops down with little effect on its volume due to aging. Subtle effect on fibrous bands of tethering facial ligaments occurs but their distal ends move downwards from original horizontal directions because of osteopenia, deep fat atrophy and sagging of superficial fat. Mimetic muscles lose volume but tonicities of some muscles like procerus and corrugator increases to keep the orbital orifices patent while that of others like zygomaticus and mentalis decreases. Skin itself becomes atrophic with loss of collagen, elastic, and loose areolar tissue.



Liquid Rhinoplasty

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ABSTRACT:

Introduction:

The nose occupies the central and the most notable position on a human face. Being in the prominent location on face, it also contributes significantly to the beautification of face as well. A beautifully shaped nose adds charm to an aesthetically good-looking face. On the other hand, a misshapen nose in any way or a nose not in keeping with the proportions of face may simply undermine the beauty making the person insecure in their personality. One of the ways to improve the appearance of the nose is by simply putting on make-up with contouring on sides but this is temporary. With surgery, the shape of the nose can be altered permanently but may require surgical expertise and wait for resolution of swelling post- surgically that may take 7 to 10 days. In between the temporary make-up to a permanent surgical correction, another way to change shape of the nose and the deformity improved is by injecting it with a malleable substance that can be molded according to the desired shape. Such correction is quite simple and advantageous as it can be done in an outpatient clinic requiring little time and giving the freedom of conformation according to the need.

Procedure:

After taking the informed consent and explaining the procedure in detail, before and after pictures of the face were taken in both profile view and from the front. In this study we used Hyaluronic acid filler with 24 G" and pre-mixed lidocaine 0.03. Cannula of 25G to 27G was used for the indications requiring treatment of bridge of nose. Filler was injected with the 26G needle on sides of nose when treatment of ala of the nose was required as in decreasing the nasal aperture. Treatment of the root of nose was done with either cannula or needle



Correlation and assessment of vitamin d deficiency with disease severity in patients suffering from pemphigus vulgaris

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ABSTRACT:

Introduction:

Pemphigus Vulgaris - a chronic Autoimmune Bullous Disease (AIBD), characterized by intra-epidermal acantholysis, affects 0.76 to 16.1 per million population worldwide. Fat soluble vitamin D plays an active role in immune modulation, supported by evidence showcasing its impact on cytokine inhibition, Th2 cytokine promotion, suppression of IL-17 production, and the expansion of circulating Treg cell populations.

Objective:

To determine correlation between Vitamin D deficiency and severity of Pemphigus Vulgaris.

Materials and Method: This Cross-sectional study was conducted in Department of Dermatology, Lady Reading Hospital, Peshawar in a period of six months from December 2021 to June 2022. All patients of Pemphigus vulgaris, confirmed by Histopathology and Direct Immunofluorescence were included in the study and Pemphigus Disease Area Index (PDAI score) was calculated for each patient on presentation. Serum vitamin D levels were assessed by ELISA technique with the 25-OM Vitamin D ELISA assay test kit.

Results:

A total of 89 patients were included in our study with mean age of 38.48 ± 13.365 years. Majority of the patients (55%) were female. The mean Vitamin D level of the patients was 17.4882 ± 14.70505 mg/dl. 66% of the patients were found to be vitamin D deficient while 7% had Vitamin D insufficiency. As per findings of our study, there is negative correlation of vitamin D level with severity of disease ($r = -0.131$ and $P = 0.05$). No association of vitamin D deficiency was found with age groups, gender, area of living, socioeconomic status and educational level.

Conclusion:

This study demonstrated that serum vitamin D level has negative correlation with severity of pemphigus vulgaris patients.

Key Words: Pemphigus Vulgaris, Vitamin D Deficiency, Autoimmunity.



Efficacy of Terbinafine versus Itraconazole in the Treatment of tinea corporis

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ABSTRACT:

Objective:

To compare the efficacy of terbinafine versus Itraconazole in the treatment of tinea corporis

Study design:

Randomized controlled trial

Place and duration of study:

Department of Dermatology, DHQ Hospital, Sheikhupura, during July 2023 December 2023.

Methodology:

Total 50 cases (25 in both groups) with Tinea corporis were included. Then patients were randomly divided in two groups. In group A, patients were given terbinafine. In group B, patients were given itraconazole. Then patients were followed-up for 2, 4, 6 and 8 weeks. On each visit, patients were checked for complete resolution of tinea using total body surface area index. All the data was recorded in proforma and then entered & analyzed through SPSS version 26.

Results:

In terbinafine group, the mean age of the patients was 35.16 ± 8.76 years. In itraconazole group, the mean age of the patients was 28.36 ± 10.65 years. In terbinafine group, there were 15 (60%) males and 10 (40%) females. In itraconazole group, there were 8 (32%) males and 17 (68%) females. In terbinafine group, the baseline BSI score was 6.44 ± 3.19 , which was reduced to $3.64 + 2.11$ after 4 weeks. The efficacy (complete cure within 4 weeks) was achieved in 6 (24%) cases in this group. In itraconazole group, the baseline BSI score was 7.20 ± 2.99 , which was reduced to $1.75 + 0.50$ after 4 weeks. The efficacy (complete cure within 4 weeks) was achieved in 13(52%) cases in this group.

Conclusion:

We found that itraconazole has better efficacy than terbinafine for tinea corporis. Thus in future, itraconazole can be a drug of choice for such cases.

Keywords:

Terbinafine, Itraconazole, tinea corporis, topical treatment, body surface area



Basal Cell Carcinoma Excision Intraoperative Frozen Section for Tumor Clearance and Reconstructive Surgery: A Prospective Open Label Interventional Study

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ABSTRACT:

Introduction:

Basal cell carcinoma is commonest skin cancer. Incidence of basal cell carcinoma is on rise globally. There is need for appropriate diagnostic, therapeutic and prognostic evaluation of skin cancers.

Objective: To report intraoperative frozen section histopathological clearance of tumor margins and depth for excision of basal cell carcinoma in a tertiary care center and finds the frequency of involvement of surgical margin with reference to anatomical site, size and surgical technique.

Method:

It was prospective open label interventional study conducted at Dermatology department of tertiary care hospital Rawalpindi Pakistan in liaison with histopathology department from January 2023 to April 2024. Patients between ages of 45-80 years with clinical diagnosis of basal cell carcinoma of 10-35mm on face were included following inclusion/ exclusion criteria by purposive sampling technique. Surgical excision was performed under local anesthesia at dermatology dept and intraoperative frozen section histopathology clearance of tumor margin was taken from histopathologist on telephone. After clearance report from histopathologist surgical defect was reconstructed by primary closure, rotation or advancement flaps under aseptic measures. p value of <0.05 was considered significant for margin involvement, surgical technique and anatomical site.

Results:

Total of 36 patients of BCC were enrolled. Size of BCC ranged from 10mm to 35mm mean of 25mm \pm SD 0.63. Intraoperative frozen section for histopathological clearance of tumor free margin, keeping 2-3 mm safety margin and surgical technique had p-value 0.51, for anatomical site p value 0.24 and size p-0.84.

Conclusion:

Intraoperative frozen section histopathological clearance of tumor free margin for basal cell carcinoma face of 10-35mm, with reference to reconstructive technique, anatomical site and size of BCC were insignificant. Surgical excision of BCC with frozen section in limited resources should be reserved for high risk BCC.

Keywords:

BCC frozen section, BCC face reconstruction technique and tumor free margin



Comparison of Efficacy of Micro-needling Alone And Micro-Needling With 70% Glycolic Acid Peel In Atrophic Acne Scars

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ABSTRACT:

Objectives:

To compare efficacy of micro-needling alone and combination of micro-needling with 30% glycolic acid peel in treating atrophic acne scars.

Methodology:

The study, approved by the ethical committee, enrolled participants meeting inclusion criteria. Divided into two groups, Group A had micro-needling alone at 0, 6th, and 12th weeks, while Group B had additional 70% glycolic acid peel at 3rd, 9th, and 15th weeks. Acne scar assessments, including ECCA scoring and VAS evaluations, were conducted by a blinded observer at baseline and 22 weeks. Strict adherence to exclusion criteria ensured unbiased results.

Results:

The study compared Micro-needling and Micro-needling with 70% glycolic acid peel for treating atrophic acne scars. Both groups had similar mean ages and scar durations. Gender distribution varied, with more males in Micro-needling and more females in the combination group. Micro-needling with 70% glycolic acid peel demonstrated significantly higher efficacy (61.5%) compared to Micro-needling alone (38.5%), suggesting the combination treatment's potential superiority.

Conclusion:

Micro-needling with 70% glycolic acid peel demonstrated a significantly higher efficacy rate (61.5%) compared to Micro-needling alone (38.5%), as evidenced by the statistical analysis with a p-value of 0.015. This indicates that the combination treatment holds promise as a more effective intervention for atrophic acne scars.

Keywords:

Micro-needling, GlycolicAcidPeel, AcneScarTreatment, CombinationTherapy.



Expanding the Geographic Spectrum: First Documentation of Mal de Meleda in Three Siblings from Pakistan – A Case Series

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ABSTRACT:

Introduction:

Mal de Meleda (MdM), also known as keratoderma palmoplantaris transgrediens, is a rare autosomal recessive form of palmoplantar keratoderma linked to mutations in the SLURP-1 gene. Characterized by progressive waxy, ivory-yellow thickening of the skin on the palms and soles, MdM often presents with a "glove-and-socks" distribution, extending to the dorsal aspects of the hands and feet. The condition's rarity and genetic complexity make it clinically significant, particularly in non-endemic regions.

Objective:

To document and describe the clinical features of MdM in three Pakistani siblings, expanding the geographical spectrum and contributing to the understanding of its genetic and phenotypic variability.

Study Design:

This case series presents three Pakistani female siblings, aged 11, 11, and 9 years, who exhibited typical features of MdM. Clinical evaluation revealed sharply demarcated thickened skin lesions on the palms and soles, extending to the dorsal surfaces. Family history showed consanguinity and a paternal aunt with similar symptoms, marking this as the first documented familial case of MdM in Pakistan.

Results:

Clinical diagnosis was based on characteristic skin presentations. In addition to standard features, one sibling demonstrated digital constriction and sclerodactyly in the hands. While the condition affected both hands and feet, the feet were generally more severely impacted. Skin biopsy was not performed, as it is usually reserved for cases with suspected complications, such as melanoma or Bowen's disease.

Conclusion:

This case series underscores the importance of recognizing MdM in familial and geographically diverse contexts, contributing to the limited literature on its clinical presentation and genetic background. These findings highlight the condition's phenotypic variability and broaden its documented geographic range beyond its traditionally endemic regions. Treatment options, including oral retinoids and surgical excision, may be effective, with long-term follow-up recommended due to the potential risk of melanoma and Bowen's disease.

Keywords:

Mal de Meleda, Palmoplantar keratoderma, Mutilating keratoderma, SLURP-1 mutation



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