Characteristics of patients with rosacea in a colombian dermatological center between 2017-2021: analysis of 800 patients

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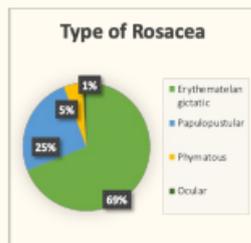
Introduction

Rosacea is a complex skin disease associated with chronic inflammation and vascular dysfunction. The prevalence in a multicenter study in 6 cities of this country was estimated to be 2.86%, however, epidemiological data on rosacea in Colombia remains to be very scarce. Taking into account this lack of information, we conducted this study in order to provide valuable information regarding the epidemiological characterization of rosacea in our country, based on a group of patients seen in a dermatology department in Bogota.

Materials and methods

This is a descriptive cross-sectional study where 800 patients attended between January 2017 to March 2021 in a dermatological center in Bogota, Colombia were included. The data recorded in the database included every patient diagnosed with rosacea during the medical assessment whether it was related to their reason for consultation or not. The exclusion criteria was patients with less than 70% of the variables collected. All records were anonymized to maintain confidentiality. Collected data includes epidemiological characteristics, known comorbidities and clinical features at the moment of the medical assessment. There were analyzed 800 records stratifying by gender. Descriptive analysis was performed, presented in frequency tables. Data was collected and analyzed in Microsoft® Excel 365 and R RStudio Version 1.3.1073, © 2009-2020.

Type of Rosacea

Legend: Erythematelan gictatic, Papulopustular, Phymatous, Ocular

Patients by sex

MEN 166 | WOMEN 634

Dermatological Comorbidities

Acne	12	10%
Alopecia	1	1%
Basal Cell Carcinoma	14	11%
Squamous Cell Carcinoma	4	3%
Atopic Dermatitis	20	16%
Seborreic Dermatitis	60	48%
Discoid Lupus	1	1%
Psoriasis	5	4%
Urticaria	1	1%
Vitiligo	1	1%
No Data	6	5%
	125	100%

Rosacea Family History

YES 201 | NO 599

Ocular Features

YES 449 | NO 351

Results

We included 800 patients in the study, among whom the female sex (N = 634) prevailed over the male sex (N = 166). The most affected age groups were 36 to 55 years (37.3%) and 56 to 75 years (27.6%). The skin phototype according to Fitzpatrick with the highest frequency was phototype III (59.6%). It was evidenced that the most common subtype of rosacea is erythematotelangiectatic (69.0%), with a predominance of transient centrofacial erythema (67.4%), presence of fima in 8.5% and ocular manifestations in 56.1%. Regarding cardiovascular comorbidities, the most frequent was arterial hypertension (M 22.9% and W 16.4%), followed by dyslipidemia (M 10.2% and W 6.8% = 7.5%). The family history of rosacea was present in 25.1%. 84.4% did not present with any additional dermatological comorbidity; however, among the patients with a history of another dermatosis, the main one was seborrheic dermatitis (7.5%). Finally, the results obtained were similar between both genders.
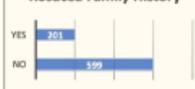
Conclusion

This is one of the first epidemiological studies conducted in Colombia. The results showed a similar behavior with respect to the most frequent gender and rosacea subtype. We highlight the presence of ocular symptoms in more than half of the population studied, seborrheic dermatitis as the most common skin comorbidity and family history of rosacea in one fourth of the population. We also recall the importance of performing an adequate interrogation including family history. Further studies on the current epidemiology of rosacea in our country are needed to evaluate association, prevalence and incidence measures in order to improve the work up in primary care.

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