

Original article

Pattern of skin disease in Hail region of Saudi Arabia

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Abstract

Objective: To know the most common types of skin diseases in Hail region and compare it with similar studies in other previous study in Hail region.

Methods: A 10 month retrospective study of the common skin diseases, which was recorded in King Khalid Hospital, Hail, Saudi Arabia, within the period started from 1–1–2008 to 31–12–2014 with missing two years during this period 2010–2011 for totally 5 years, from registration record of outpatient clinic.

Results: We recorded manually from registration record 13778 patients, comprising 5473 (40%) male and 8305 (60%) female within the study period. Eczema is the most common dermatological disease (37%) with atopic dermatitis forming (12%) among all eczema patients, followed by acne (20%), alopecia (8%), other pigmentary (7%) with vitiligo comprising (7%) which is the most common pigmentary lesion of the total, viral wart (7%), psoriasis (4%), leishmania (4%), Tinea (2%), other pilosebaceous (1%) and the other (3%).

Conclusion: Dermatitis, acne, vitiligo, alopecia, viral wart and psoriasis are the most common top six skin diseases in hail region compared to other previous study in Hail region. The prevalence of skin disease in any community depends upon various factors, namely the genetic, racial constitution, the social and hygienic standards, customs and occupations, the nutritional status, age structure of the community, climatic factors and state of industrialization.

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Keyword: CL: Cutaneous leishmania

1. Introduction

The epidemiological study for medical and surgical diseases is the background of the statistics, which is needed in the publication of many medical studies, planning and rearrangement of management strategies by medical and administrative medical institution.

Hail region is located in the north of central area of the Saudi Arabia, the eighth in terms of population, and the number of residents of the area is about more than 600,000 people. It has hot and dry summers, and cold winters. The region has an agricultural belt with a sizeable farming community (https://en.wikipedia.org/wiki/Ha%27il_Region).

The purpose of that study was to determine the dermatological patient's number in Hail city to facilitate the epidemiological statistics in Hail and to support the further publication of statistics in Saudi Arabia.

2. Methods

This retrospective study was conducted in King Khalid Hospital in Hail, dermatology clinics of the health

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Ministry, for a period started from the beginning of 2008 to the end of 2014, with missing two years during this period (2010–2011) for totally 5 years. Both Saudi and Non-Saudi patients were included in the study and seen by consultants and specialists. All new and old patient attending a dermatology clinic for skin problems during this period were included in this study. Clinical data on sex and diagnosis were collected from registry records (the record done by the nurses in the clinic and supervised by the dermatology consultant or the specialist). All data were processed and analyzed using Excel 2007 and statistical package for social sciences (SPSS version 20). Statistical significance was determined by the (*T* test) the level of significance was set at $P < 0.05$ (Al Shobaili, 2010).

3. Results

During 10 month of study period, the total number of patient attending the dermatological clinic at the hospital was 14,444 patients. Part of them, around 666, were mistakenly recruited to dermatology clinic. So the number of patients that have dermatology case a round (13,778).

The Saudi nationals constituted the majority of patients; there were 12,574 (92%) Saudi and 1204 (8%) Non-Saudi. The Saudi-to-Non Saudi ratio was 10.4:1, and the difference was statistically highly significant ($p < 0.001$) as shown in Table 1. In our clinic as usual the number of female patients is more than the male ones, with 8305 (60%) female and 5473 (40%) male patients, respectively. The female to male ratio was 2:1, and the difference was statistically highly significant ($P < 0.0001$) as shown in Table 1.

Fig. 1 shows the frequencies of most common skin disorder in order of ranking. The total percentage of dermatitis cases (25%) most of the case of dermatitis is atopic dermatitis form (12%) from the total number of cases, followed by acne forming (20%) and the reaming percentage (1%) for other pilosebaceous cases, and then vitiligo comprising (7%) which is the most common pigmentary lesion, other pigmentary lesion (7%). Viral wart forming (7%), psoriasis (4%), leishmania (4%), Tinea (2%), alopecia (8%) and the other (3%).

In the eczema group, the prevalence of dermatitis totally is 25%. The most common type of dermatitis which is atopic dermatitis (12%). The ratio between female eczema and

male eczema was 1:1 which is more in female than male and statistically significant difference ($P = 0.034$), Fig. 2.

The number of acne cases is 20% from the total number of cases which is the second most common skin disorder and the ratio between female and male (3:1) which is more in female than male. Also, ($P = 0.000$, Fig. 3).

The third most common dermatological disease which is vitiligo accounted for 7% from the total number of case which is significantly different ($P = 0.015$) when compared female to male (2:1). Other pigmentary lesion accounted for 1%.

Alopecia in general accounted for 8% from all dermatological disease. There are different types for Alopecia but the most frequency types are androgenic alopecia which is more in the female and alopecia areata which is almost equal between male and female.

Viral warts accounted for 7% from the viral infection, which was most common type of viral infection. There is no significance difference between male and female ($P = 0.783$, Fig. 5).

Psoriasis was the most common papulosquamous disorder accounted for 4% ($P = 0.062$, Fig. 5) and the ratio male compared to the female (1.4:1).

One of the most parasitic diseases in our dermatology clinic was (CL) cutaneous leishmania accounted for 4%. The number of reported cases of CL in male is (303) case compared to female counted for (206) case, so male case is higher than that in female case, ratio (2:1). The prevalence there was 5% from the total number of patients.

4. Discussion

The current study is the second to describe the patterns of skin disease in Hail region of the kingdom of Saudi Arabia in king Khalid Hospital which is a referral center for primary health clinics in Hail.

Although this study was limited to our hospital, in general, our study indicated that the female patients attended dermatology clinics more than males due to the greater sensitivity of women to health and cosmetic related issues.

On the other hand, the prevalence of different skin disease differed between male and female. In male, psoriasis was the most prevalent skin disorder, while in female acne forming the most prevalent cosmetic problem. The prevalence rate of dermatitis, vitiligo, androgenic alopecia and drug eruption were significantly higher in females as compared to males.

The results of the present study were compared with those of the first study in Hail and other region. In the present study, we found that the incidence of eczema increases in prevalence of atopic dermatitis (12%) when compared to previous published statistics that was 8% (Parthasarathi and Gufai, 1998) from the number of total cases.

The prevalence of acne which is the second most common dermatomes which was 20% has dramatically increased when compared to previous study which was 12% (Parthasarathi and Gufai, 1998) from the number of

Table 1
Comparison between Saudi to Non-Saudi and male to female.

Years	Saudi	Non-Saudi	Female	Male
2008	2951	114	1517	1348
2009	1955	253	1337	942
2012	3292	288	2262	1418
2013	2101	225	1568	858
2014	2275	324	1621	907
Total	12574	1204	8305	5473
Percentage	92%	8%	60%	40%

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