

9th World Dermatology & Pediatric Dermatology Congress

October 10-11, 2016 Manchester, UK

Severe atopy in adult patients: Single center study in Qatar

Enas Attia^{1,2}, Ahmed Abdelmotelb³, Sayed Goda⁴ and Andrew F Walls³

¹Queen Medical Center, Qatar

²Ain Shams University, Egypt

³University of Southampton, UK

⁴Anti-Doping Laboratory, Qatar

The frequency and severity of atopic disease is increasing in Qatar. We have aimed to determine characteristics of patients with severe forms of atopic asthma, rhinoconjunctivitis and atopic dermatitis in adult Qatari and non-Qatari residents who presented at Queen Medical Center, Doha from January 2015 to May 2016. A total of 31 adult patients (11 males) with severe atopic conditions attended outpatient clinics and ER during the defined period. Among the patients, 5 (16.1%) were Qatari and 26 (83.9%) were non-Qatari [11 (35.5%) Arabs, 7 (22.6%) Caucasians, 7 (22.6%) Asians and 1 (3.2%) African]. A family history of atopy was present in 17 (54.8%) patients with asthma the most common conditions reported (in 12 patients; 38.7%). Severe asthma was diagnosed in 14 (45.2%) patients, severe rhinoconjunctivitis in 11 (35.5%) and severe atopic eczema in 6 (19.6%). Overall, 21 (67.7%) patients had one severe atopic condition while 10 (32.3%) had other atopic manifestations as well with severe rhinoconjunctivitis commonly associated with asthma. Only three of the patients surveyed had all three of these atopic conditions. Eight patients (25.8%) reported that the condition had an onset or worsening in adulthood; in seven of them, it was coincident with residency in Qatar; possibly related to the local environment or climate. Generally, dust was mentioned as the most common trigger factor, followed by pollens and grass, strong smells and animal dander. Patients with severe atopic dermatitis were likely to have allergies other than classic atopy; penicillin allergy, food allergy and contact dermatitis (each reported in 2 patients). Our findings indicate that severe atopic disease is an important public health problem in Qatar. There will be a need for improvement in prevention and management plans.

Biography

Enas Attia has completed her MD in Dermatology and Venereology in 2006 in the Faculty of Medicine, Ain Shams University in Cairo, Egypt. She is currently a Dermatology Consultant and Head of Dermatology Department, Queen Medical, Qatar and an Associate Professor of Dermatology, Venereology and Andrology, Faculty of Medicine, Ain Shams University, Egypt. She has published more than 30 papers in reputed journals and has been serving as a Reviewer and an Editorial Board Member of repute.

annosah1974@yahoo.com