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Vitamin D deficiency and its association with dry skin and eczema in adult population in UAE

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Introduction: Recent research has shown that vitamin D has immune-regulatory functions and its deficiency might lead to different skin allergies.

Objective & Method: To investigate the association of vitamin D deficiency and eczema in adult and effects of vitamin D replacement therapy on the skin of the affected individuals. This will be a cross sectional retrospective observational study. Telephonic interviewing and questionnaire of patients would be conducted by the principal investigator and research assistants across primary care clinics in Al-Ain. Pilot validation of the questionnaire will be done before telephonic interviewing. Computerized patient records will be searched for all individuals with a new diagnosis of Vitamin D Deficiency in the last 24 months and with concomitant diagnosis of eczema, dry skin and atopic dermatitis in these individuals. Their vitamin D values will be recorded at the time of the diagnosis and after replacement therapy if this was prescribed. Data analysis will be done using SPSS statistical software for descriptive statistics (percentages, means and standard deviations) as well as analytical statistics (chi square, t-tests and multivariate analysis, as appropriate). The study will include 385 patients to be contacted at the age of 18-70. Patients will be randomly selected asked for fill in questionnaires via telephone.

Conclusions: This study is particularly of significance as prevalence of vitamin D deficiency is rising in UAE due to multiple factors (cultural, religious reasons for sun avoidance). This study will also report any reported improvement in skin following the vitamin D therapy. Results will be in collected in next 6 months and published.

Biography

Usman Ghani Lashari is currently working as an Assistant Professor in the Department of Family Medicine. His special interests include dermatology in primary care. He has worked as an Associate Specialist in Dermatology at Whipps Cross Hospital, London and holds a Membership of Royal College of GPs and is a Fellow of American Academy of Dermatology.

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