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Vitamin D and congenital ichthyosis: A case series in India

Priyanka Hemrajani
Kempegowda Institute of Medical Sciences, India

Introduction: Ichthyosis, a genetic disorder of keratinization is characterized by excessive scaling associated with epidermal hyper proliferation and/or cellular retention. Normally, thickness of the outer epidermis is 25 μm and that of a patient of ichthyosis is 10 folds greater. This impairs photo activation of 7-dehydrocholesterol and causes systemic vitamin D deficiency.

Materials & Method: This was a prospective observational study performed at Kempegowda Institute of Medical Sciences, Bengaluru, Karnataka, India. Patient's clinical characteristics were recorded. Serum concentration of 25-hydroxyvitamin D was determined along with serum calcium, phosphorus and parathyroid hormone. X-rays of the bilateral wrists and knee joints in antero-posterior and lateral views were done. It is a case series of 12 patients with vitamin D deficiency correlating with calcium, phosphorus, parathyroid hormone levels and radiological findings.

Results: Out of 12 patients of congenital ichthyosis, 6 were males and 6 females. Out of these 12, only 2 had vitamin D sufficiency. For 10 patients with vitamin D below the optimal level (<30 ng/ml), following are the tested vitamin D levels: (1) Vitamin D>20 ng/ml but <30 ng/ml-2 patients, (2) Vitamin D >10 ng/ml but <20 ng/ml-2 patients and (3) Vitamin D <10 ng/ml-6 patients. Serum calcium and phosphorus were normal for all patients. Only 2 patients had hyperparathyroidism. Radiologically, 2 patients had Genu valgum and 1 patient had Rickets.

Conclusion: Vitamin D plays a vital role in patients of congenital ichthyosis and it should be tested for every patient of congenital ichthyosis as it would help in better prognosis and management of the patients.

prankyhemri89@gmail.com

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