

Atopic dermatitis in adults: clinical and epidemiological considerations

成年患者的特应性皮炎：临床和流行病学注意事项

(编者按) 特应性皮炎(atopic dermatitis)属于慢性、复发性、瘙痒性皮肤病。病因比较复杂，一般认为与多种因子如遗传、环境等有关。目前关于成年 AD 患者的流行病学研究及其预后的资料较少。Marta M. Shimizu 等人研究发现皮肤与呼吸道过敏性疾病密切相关；实验室检查诸如血清循环的 IgE 水平、嗜酸性粒细胞计数，有助于评估疾病的严重程度。

原文链接: <http://www.sciencedirect.com/science/article/pii/S0104425713001535>

Objective

Atopic dermatitis (AD) is a chronic inflammatory disease causing intense pruritus, and with typical clinical features. There are few epidemiological studies concerning AD in adults, as well as little information about its prognosis. The aim of this study was to evaluate the clinical and epidemiological course of adults with AD.

Methods

80 patients aged above 18 years (mean age = 29 years) were selected (30 males and 50 females) and interviewed about hospitalization, systemic corticoid usage, age of AD onset, and personal and/or familial history of atopy. Disease severity was evaluated through the Scoring Atopic Dermatitis (SCORAD) tool. Laboratory examination included IgE serum levels and eosinophil blood count.

Results

71 out of 80 patients referred association with respiratory symptoms (18 had asthma, 17 had rhinitis, and 36 had both conditions); nine out of 80 patients denied any respiratory disease.

研究目的

特应性皮炎(AD)是一种伴剧烈瘙痒的慢性炎症性疾病，并有典型临床特征。关于成年 AD 患者的流行病学研究及其预后的资料少之又少。本研究旨在对成年 AD 患者的临床和流行病学进程进行评估。

研究方法

80 名(30 名男性和 50 名女性)18 岁以上(平均年龄=29 岁)的患者入组，并对他们的住院情况、系统性皮质激素类药物的使用情况、AD 发作的年龄以及个人和或家族史进行了回访。通过“特应性皮炎评分(SCORAD)”工具评估疾病的严重程度。实验室检查包括血清 IgE 水平和嗜酸性粒细胞计数。

研究结果

80 名特应性皮炎患者中有 71 名伴呼吸道症状(18 名患有哮喘, 17 名患有鼻炎, 36 名两病共患)。另外 9 名患者称没有任何呼吸道疾病。

AD patients were divided in mild (n = 25), moderate (n = 30), and severe (n = 25); 56% had one or more hospitalizations due to AD. A positive association was found between IgE serum levels, eosinophil blood count, and disease severity.

Conclusion

Adult AD represents a clinical challenge that needs to be better characterized, since it can be misdiagnosed and interferes with the patient's social and personal life. The association of skin and respiratory atopic disease is frequent, and laboratory parameters such as circulating IgE levels and eosinophil blood count may be helpful to assess disease severity.

AD 患者被分成轻度(n = 25)、中度(n = 30)和重度(n = 25)。56%的患者有过 1 次或多次因 AD 而住院治疗。我们发现血清 IgE 水平、嗜酸性粒细胞计数与疾病的严重程度呈正相关。

研究结论

因受患者社会和个人生活的影响，成年患者的 AD 容易被误诊，因此它仍是一个临床上的挑战。需要对其临床特征进行更好地描述。皮肤与呼吸道过敏性疾病密切相关；实验室检查诸如血清循环的 IgE 水平、嗜酸性粒细胞计数，有助于评估疾病的严重程度。



Fig. Clinical features of AD in adults. A. Facial involvement in atopic dermatitis-extensive lichenification of the front, periorbital areas, and malar regions, sparing the central seborrheic areas. B. Severe AD, with erythema, xerosis, and massive lichenification of the inferior limbs.

图.成年患者 AD 的临床特征。A.特应性皮炎面部皮疹：额部、眶周、颧部广泛的苔藓样变，但不累及中央皮脂溢性区域。B. 严重 AD，下肢红斑、干燥性鳞屑以及广泛的苔藓样变

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