

Skin Disorders of the Face in Adolescent Population

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Abstract: A phase of growth that is seen in humans after childhood and before adult hood is termed as adolescence by the world health organisation (WHO). It is seen between 10 years to 19 years of life. It represents a critical transitional period in the lifespan of an individual which is evident by the growth and changes that takes place at a very rapid pace next only to that seen in infancy. The children undergo numerous changes both physical and mental changes during this period. Pubertal onset heralds the beginning of adolescence. There have been some studies done but they are not sufficient in divulging strong evidence hence this study is undertaken to evaluate the skin disorders seen in adolescents with special consideration to the face.

Keywords: Skin disorders, Adolescence, WHO, Face, Puberty.

1. Introduction

A phase of growth that is seen in humans after childhood and before adult hood is termed as adolescence by the world health organisation (WHO). It is seen between 10 years to 19 years of life [1]. It represents a critical transitional period in the lifespan of an individual which is evident by the growth and changes that takes place at a very rapid pace next only to that seen in infancy. The children undergo numerous changes both physical and mental changes during this period. Pubertal onset heralds the beginning of adolescence. Lot of changes occur in the brain, endocrine system musculoskeletal system. This period is heavily influenced by culture, society and socio economic status. Human body undergoes a morphological change during this period under the influence of various hormones which will be evident in every part of the body.

The skin is no exception to the changes that happen in adolescence as it's the largest organ of the body. Adolescent people are vulnerable to a variety of skin disorders/diseases most of which occur due to the physiological modifications of puberty. These dermatoses pose a big problem to the adolescent people and is responsible for a great morbidity. The problems can be actual or associated with psychological stigma. [2]

Skin diseases in adolescents are often associated with emotional factor and psychological effects which are worse than any physical trauma. This is especially true in the modern day life where adolescents are more conscious about their beauty - skin and physical appearance especially so with the females[3]. skin comes under the influence of hormones like Adrenocortico Tropic Hormone, Follicle stimulating hormone, Luteinising hormone which in turn secrete Androgens and Oestrogens. These hormones help in development of secondary sexual characters as well as help in formation of the sebaceous glands that produce sebum in increased amounts, apocrine glands and also stimulate acne, dandruff production. [3, 4]Skin can come under environmental influence and may present with dermatitis or eczema. Infectious and contagious diseases are common during the school going as the chances of communication is

very high, commonly seen are warts, impetigo, chicken pox etc.[4]

There have been some studies done but they are not sufficient in divulging strong evidence hence this study is undertaken to evaluate the skin disorders seen in adolescents with special consideration to the face.

Aims and Objectives

To study the skin disorders of face commonly encountered in the adolescents.

2. Materials and Methods

This study was done in the Department of Dermatology, Travancore Medical College, Kollam.

The study was done from June 2014 to June 2016.

One hundred adolescents were taken up for the study who attended the OPD in the Department of Dermatology.

All the statistical analysis was done using the latest SPSS software. (California).

3. Results

The mean age of the population considered for the study was 16.22 years with a standard deviation of 1.22 years.

Table 1: Skin Conditions

| Conditions | |
|------------------------|----|
| Acne vulgaris | 20 |
| Folliculitis | 16 |
| Pityriasisversicolor | 15 |
| Viral warts | 06 |
| Contact dermatitis | 14 |
| Epidermal nevus | 08 |
| Furuncles | 09 |
| Pigmentation disorders | 12 |

Table 3: Test for significance:

| Acne Vulgaris | | X ² value | P Value |
|---------------|----|----------------------|---------|
| Males | 6 | 12.988 | 0.005 |
| Females | 14 | 8.920 | 0.030 |

4. Discussion

In our study, there were gender variations in general and in some specific skin disorders. Skin diseases were significantly more common in males than females. A similar trend was reported in the USA, but unlike in our study, the finding was not statistically significant. El-Badawyet al⁵ reported a female predominance, while others found no gender difference in the sum of all dermatoses.

In our study the acne vulgaris has shown a significant association in adolescent skin diseases. The acne vulgaris was found in twenty percent of the population. This was followed by the folliculitis which was observed in sixteen percent of cases. The Pityriasis versicolor was observed in fifteen percent of cases followed by Contact dermatitis which amounted to fourteen percent of cases. The furuncles contributed for nine cases, the epidermal nevus was observed in eight cases and the pigmentation disorder was observed in twelve cases.

5. Conclusion

In the present study, the acne vulgaris has shown a significant association in adolescent skin diseases.

References

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