

The Prevalence of Eczema in Outdoor Diabetic Patients

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Abstract

Original Research Article

Background: Recently Eczema is one of the important causes of public health problem in diabetic patients. **Objective:** In this study our main goal is to evaluate the prevalence of eczema in outdoor diabetic patients. **Method:** This descriptive cross-sectional study was conducted among the diabetic patients in the department of Dermatology (Outpatient department) of Bangladesh. The population of the study was the diabetic patients of all ages of different occupations. Among all the patients with skin disease only the eczema infected patients were selected. A total of 100 diabetic patients infected with eczema were selected purposively. **Results:** During the study, most of the patients belongs to 41-50 years age group, 46% and 46% were male. Majority (45%) respondents had eczema in hand, 35% had it in legs and 15% in finger. Some other organs (5%) were also affected. Out of 100 respondents majority (55%) did not control diabetes, 10% controlled strictly and 35% just controlled it. It means that majority of eczema cases were in respondents with uncontrolled diabetes mellitus. **Conclusion:** Skin disorders like the type of eczema are very common, particularly in the case of type 2 diabetes patients. Further study is needed for better outcome.

Keywords: Diabetes, skin disorder, eczema.

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INTRODUCTION

The skin is the biggest organ in the human body, spanning the whole surface and being susceptible to a wide range of medical diseases and infections ranging from basic to complex symptoms. Among all other skin problems, eczema is one of the most common skin disorders that contribute to public health issues [1, 2]. Though it has a low fatality rate, most instances of eczema have a chronic course with symptoms. Another sad aspect that has to be addressed is patients' lack of understanding regarding skin disorders [3, 4].

However, in recent years, diabetics patients frequently complain about skin diseases like eczema. Where Eczema causes a lot of skin irritation and itching and hence should be avoided in all circumstances [5]. Diabetes is known to cause a lot of skin disorders amongst patients suffering from the disease. Research conducted by the various experts have suggested that out of three diabetes patients, at least one patient is

known to suffer from the skin disorder of various types. Amongst these skin disorders is eczema [6-8].

In this study our main goal is to evaluate the prevalence of eczema in outdoor diabetic patients.

OBJECTIVE

To evaluate the prevalence of eczema in outdoor diabetic patients.

METHODOLOGY

This descriptive cross-sectional study was conducted among the diabetic patients in the department of Dermatology (Outpatient department) of Bangladesh. The population of the study was the diabetic patients of all ages of different occupations.

Among all the patients with skin disease only the eczema infected patients were selected. A total of 100 diabetic patients infected with eczema were

selected purposively. A structured questionnaire was prepared at the beginning of the study. Before going to the actual study, the questionnaire was pretested. Then the final questionnaire was prepared.

Data were entered on the excel spreadsheet and analyses were performed with IBM SPSS statistics version 16 (New York, US) using descriptive statistics. Results were expressed in tables and bar charts.

RESULTS

In Table-1 shows age distribution of the patients where most of the patients belongs to 41-50 years age group, 46%. Followed by 44% belong to 51-

60 years, 10% belong to 31-40 years. The following table is given below in detail:

Table-1: Age distribution of the patients

Age group	%
31-40	10%
41-50	46%
51-60	44%

In Figure-1 shows gender distribution of the patients where out of 100 patients 46% were male and 44% were female. The following figure is given below in detail:

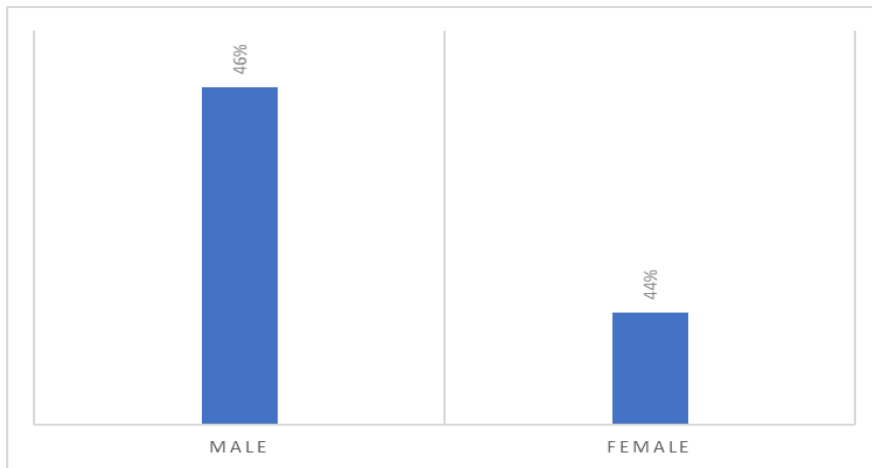


Figure-1: Gender distribution of the patients.

In Figure-2 shows economic status of the patients where it was found that majority of the respondents (60%) were from lower class, 35% were

from middle class and 5% from upper class. The following figure is given below in detail:

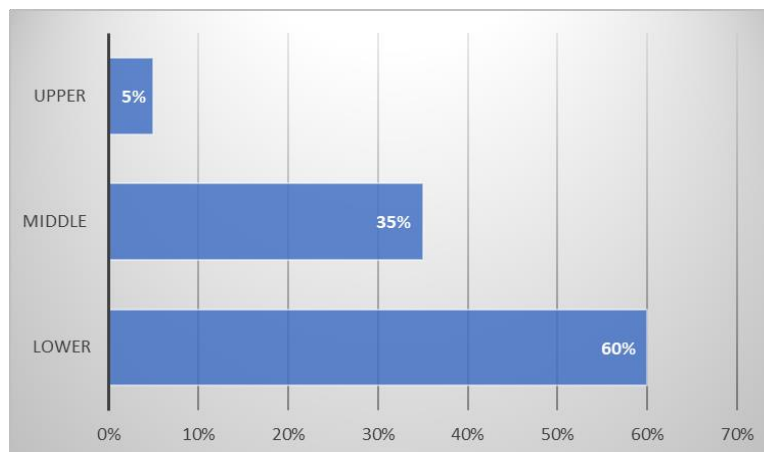


Figure-2: Economic status of the patients

In Table-2 shows site of lesion of the patients where It was also observed that majority (45%) respondents had eczema in hand, 35% had it in legs and 15% in finger. Some other organs (5%) were also affected. The following table is given below in detail:

Site of lesion	%
Hands	45%
Legs	35%
Finger	15%
Other	5%

Table-2: Site of lesion of the patients

In table-3 shows distribution of the patients according to diabetic severity where out of 100 respondents majority (55%) did not control diabetes, 10% controlled strictly and 35% just controlled it. It means that majority of eczema cases were in respondents with uncontrolled diabetes mellitus. The following table is given below in detail:

Table-3: Severity of diabetic of the patients

Severity of Diabetics	%
Strictly controlled	10%
Controlled	35%
Uncontrolled	55%

DISCUSSION

In the present study, the total number of the respondents was 100. Out of 100 patients, 44% were female and 46% were male. Maximum patients affected with eczema were aged between 41-50 years.

But one study revealed 23.42% eczema cases among the patients attending Skin VD OPD. But in this study it was high in 40–49 years, probably due to the higher proportion of diabetic patients in that age group. In the present study 200 (33.33%) subjects were housewives and 400 (66.67%) were service holders. A study conducted in Bangladesh observed that majority (41.67%) respondents suffered from eczema in hand. Then 33.33% had eczema in leg and 18.33% in finger. Some other organs (6.67%) were also affected.

Whereas in our study majority (45%) respondents had eczema in hand, 35% had it in legs and 15% in finger. Some other organs (5%) were also affected which was very much consistent to other studies [11, 12].

This study is comparable with other study where eczema was more common on the leg (26.4%) than on the hand (20%) [13]. In this study it was found that majority of the respondents (60%) were from lower class, 35% were from middle class and 5% from upper class. So, the lower socio-economic persons were more affected by eczema. This is comparable with a study where it was found that poor income group (54.46%) was more affected with eczema and least from higher income group (9.76%) [13].

Besides this, during the study majority (55%) did not control diabetes, 10% controlled strictly and 35% just controlled it. It means that majority of eczema cases were in respondents with uncontrolled diabetes mellitus. Which similar to other study where majority (76.67%) did not control diabetes, 8.33% controlled strictly and 15% just controlled it [14].

CONCLUSION

Skin disorders like the type of eczema are very common, particularly in the case of type 2 diabetes patients. Further study is needed for better outcome.

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