

ABSTRACT

BACKGROUND

In both developed and developing countries, the number and proportion of elderly people are increasing. Senescence in the skin is a gradual process that may be attributed to natural ageing or any other disease process.

With ageing, there is a decline in the regulatory functions of the skin including cell replacement capacity, barrier function, sensory perception, mechanical protection, wound healing, immune responsiveness, thermoregulation, sweat production, sebum production and vitamin D production. The capacity to repair DNA is impaired resulting in some inevitable changes such as roughness, wrinkling, and laxity of the skin. This study was undertaken with this background.

AIM AND OBJECTIVES

- To describe the clinical pattern of various dermatological disorders in the elderly
- To know their incidence, factors contributing to it and their association with systemic disease.

MATERIALS AND METHODS

This is a descriptive study done on a total of 150 patients aged 60 years and above attending the OPD of Coimbatore Medical College Hospital between August 2014 to July

2015. A detailed history was recorded and complete examination carried out. Relevant investigations were performed, whenever indicated, after obtaining informed consent.

RESULTS

In this study a total of 150 patients aged 60 years and above were examined. Maximum numbers of patients belonged to age group of 60-65 years (37%). There were 93 males (62%) and 57 females (38%). Male to Female ratio was 1.63:1. 116 cases had Associated Diseases. Diabetes Mellitus was the commonest associated disease (30%) 96 patients had generalized pruritus, of which 66 cases (68.7%) were associated with xerosis.

Among the physiological skin changes with aging, Xerosis was the commonest finding seen in 96 cases (33.2%), Wrinkling of the skin was seen in 84 cases (29.1%) IGH in 72 cases (25%), Senile lentigens in 12 cases (4.1%) and Senile comedones in 25 cases (8.6%). Among the pathological conditions, eczematous conditions were seen in 48 cases, infections were seen in 51 cases, of which fungal infections was seen most commonly in 28 cases (54.9%). The most common benign skin tumor seen was seborrhoeic keratosis seen in 87 cases (30.31%). Among the premalignant condition 1 case of Bowen's disease was seen. Among the malignant skin lesions 3 cases of Basal cell carcinoma and 1 case of squamous cell carcinoma were seen. There were 10 cases of bullous disorders and 19 cases of Psychocutaneous disorders were seen, Among the nail changes loss of luster (48.18%) was the commonest. Greying of hair was common and seen in almost all cases 100%.

CONCLUSION

In our study the commonest age group was 60-65 years. Majority of the patients were males. Majority of male patients had agriculture work and majority of female patients were housewives. Diabetes mellitus was the commonest associated systemic disease. Generalised pruritus was the most common symptom and it was most commonly associated with xerosis. Xerosis was one of the commonest skin changes seen. Wrinkling, senile lentigenes, senile comedones, IGH were the other senile skin changes. Various pathological skin diseases like eczemas, infections, benign tumors, malignant tumors, Papulosquamous diseases, psychocutaneous diseases, bullous disorders, drug reactions were seen. Loss of luster was the commonest nail change seen. Graying of hair was very commonly seen.

KEYWORDS: Aging skin; geriatric.