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Vitiligo in the City of Bukavu (Democratic Republic of Congo)

Vitiligo dans la Ville de Bukavu (République Démocratique du Congo)

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ABSTRACT

BACKGROUND: Vitiligo is a skin disorder characterized by selective loss of melanocytes resulting in circumscribed, depigmented macules and patches. Although it does not cause physical pain that warrants a patient to complain, its effects can be psychological, leading to stigmatization and suicidal ideation

PATIENTS AND METHODS: We conducted a cross-sectional study with a descriptive aim over a period of one year and 8 months (February 1, 2019, to September 30, 2020). The patients attending the dermatology-venereology services of the University Clinics of Bukavu (CUB) and the Saint-Luc Clinic of Bukavu (CSLB) were recruited into the study. It focused on patients received in consultation for vitiligo. The diagnosis of vitiligo was made based on clinical examination and when in doubt, a skin biopsy was carried out to confirm histological diagnosis. The data were entered and analysed using Epi info3.5.1.

RESULTS: The prevalence of vitiligo in this study was 2.0%. The mean age was 24.5 years and range from 6 months to 73 years. The age group most affected was 0 to 9 years with 41.9%. The female sex represented 61.3% and the M/F sex ratio was 1.5. Stress (12.9) and repeated trauma (6.5) were the most reported triggers. Family history was present in 29.0% of cases. Atopy (29.0%) and thyroiditis (9.7%) were the most common associated pathologies. Preferred lesion locations were the face (48.4%), external genitalia (41.9%) and extremities (22.6%). The predominant clinical form was non-segmental vitiligo (80.6%). Among the paraclinical examinations carried out, the inflammatory assessment was the most disturbed (9.7%).

CONCLUSION: Vitiligo is a dermatosis that can affect anyone; regardless of gender, age or race. **WAJM 2022; 39(1): 66–69.**

Keywords: Vitiligo. Bukavu. Democratic Republic of Congo.

RÉSUMÉ

CONTEXTE: Le vitiligo est une affection cutanée caractérisée par une perte sélective de mélanocytes entraînant l'apparition des macules et des plaques dépigmentées. Bien qu'il ne cause pas la douleur physique qui justifie qu'un patient se plaigne, ses effets peut être psychologique, conduisant à la stigmatisation et aux idées suicidaires

PATIENTS ET MÉTHODES: Nous avons mené une étude transversale à visée descriptive sur une durée d'un an et 8 mois (du 1er février 2019 au 30 septembre 2020). Les patients fréquentant les services de dermatologie-vénéréologie des Cliniques Universitaires de Bukavu (CUB) et de la Clinique Saint-Luc de Bukavu (CSLB) ont été recrutés dans l'étude. Elle s'est concentrée sur les patients reçus en consultation pour vitiligo. Le diagnostic de vitiligo a été fait sur la base d'un examen clinique et lorsqu'il y avait un doute, une biopsie cutanée était réalisée pour confirmer histologiquement le diagnostic. Les données ont été saisies et analysées à l'aide d'Epi info3.5.1.

RÉSULTATS: La prévalence de vitiligo dans cette étude était de 2,0 %. L'âge moyen était de 24,5 ans avec des extrêmes allant de 6 mois à 73 ans. La tranche d'âge la plus touchée était de 0 à 9 ans avec 41,9 %. Le sexe féminin représentait 61,3% et le sexratio H/F était de 1,5. Le stress (12,9) et les traumatismes répétés (6,5) étaient les déclencheurs les plus signalés. Des antécédents familiaux étaient présents dans 29,0 % des cas. L'atopie (29,0 %) et la thyroïdite (9,7 %) étaient les pathologies associées les plus fréquentes. Les localisations préférentielles des lésions étaient le visage (48,4 %), les organes génitaux externes (41,9 %) et les extrémités (22,6 %). La forme clinique prédominante était le vitiligo non segmentaire (80,6 %). Parmi les examens paracliniques réalisés, le bilan inflammatoire était le plus perturbé (9,7 %).

CONCLUSION: Le vitiligo est une dermatose qui peut toucher n'importe qui ; sans distinction de sexe, d'âge ou de race. **WAJM 2022; 39(1): 66–69.**

Mots clés: Vitiligo, Bukavu, République Démocratique du Congo.

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