



2nd International Dermatology and Cosmetology Congress

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Hilton Istanbul Bosphorus Hotel
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PROGRAM & ABSTRACTS



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OP-017

HAIR TRANSPLANT SURGERY BY FOLLICULAR UNIT EXTRACTION (FUE) IN NEPAL- REVIEW OF 50 CASES

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INTRODUCTION: Hair transplant surgery is a minimally invasive surgery, where hair follicles are transplanted from donor area of patient's own body to the desired area. Hair can be taken from the donor site by two methods- Strip method & Follicular Unit Extraction (FUE). Follicular Unit Extraction (FUE) is the modern technique where you extract single follicle units or grafts from in between and transplanted to the recipient site. This is the first paper on hair transplant surgery, from Nepal in any international forum or conference.

AIMS AND OBJECTIVES: To assess the outcome, results and side effects with hair transplant surgery by FUE in Nepal.

METHODOLOGY: This study was carried out in patients enrolled for hair transplant surgery for different indications in both males & females, irrespective of age and gender. Patients were kept on Minoxidil 5% lotion application twice a day. They were called for follow up after 2 days, 7 days, one month, 3 months and 6 months for assessment of results, side effects.

RESULTS: A prospective study conducted in 50 patients who underwent hair transplant surgery by Follicular Unit Extraction (FUE), from October 15 2015 to July 15, 2016. Out of 50, 47 patients were male & 3 female patients. Androgenetic alopecia was the major indication 90% (n=45), followed by Thin Eyelashes (n=3), Morphea (n=1), traumatic avulsion of scalp (n=1). No major complications were witnessed except swelling of forehead, folliculitis, pain and tingling sensation.

CONCLUSION: Hair transplant surgery by FUE is a safe technique with remarkable results and minimal side effects.

KEYWORDS: Hair transplant surgery, Follicular Unit Extraction (FUE), Nepal

OP-018

THE EFFICACY AND SAFETY OF TOPICAL SIROLIMUS FOR ANGIOFIBROMAS IN TUBEROUS SCLEROSIS COMPLEX

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BACKGROUND: Skin is one of the most affected organs in tuberous sclerosis complex (TSC). Angiofibromas are seen in almost 80% of the TSC patients. These benign tumors bring a great burden on the patients' social and psychological status.

OBJECTIVE: Our aim was to evaluate the effectiveness and tolerability of topical sirolimus for the facial angiofibromas in TSC.

METHOD: This was a retrospective, single-blinded, cross over study. We investigated the effect and safety of topical 0.1% sirolimus. Tablets are crushed and mixed in petrolatum. The patients were asked to apply sirolimus to one side of their faces whereas pure vaseline to the other side. The effect of topical sirolimus was evaluated by using the "facial angiofibroma severity index (FASI)".

RESULTS: There was significant improvement both in redness and extension of the tumors when the active ingredient was applied to the patients' left sides of the faces [n=16 (88.9%)]. Same beneficial effect was also observed when topical sirolimus was applied to the patients' right sides of the faces [n=15 (83.3%)]. Very few side effects, like itching and irritation, happened in three of the patients (16.7%) and these resolved with topical hydrocortisone cream.

CONCLUSION: Topical sirolimus seems to be a promising and safe treatment option for the facial angiofibromas in TSC. Although its effect diminishes in time its repetitive usage is also effective with similar results.

Keywords: Angiofibromas, topical sirolimus, tuberous sclerosis

OP-019

EFFECT OF MIR-3680, MIR-4495, MIR-6824-5P EXPRESSION LEVELS IN VITILIGO

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Aim to Study: Vitiligo is an acquired chronic, depigmenting disorder characterized by the loss of melanocytes from the epidermis. It affects approximately % 0. 1- 2 of the population. Males and females are equally affected and it can develop at

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any age. Vitiligo can result in profound emotional distress, the patient's psychological health and especially interpersonal relationships and reduced quality of life. Although vitiligo is generally considered as a cosmetic problem, its effect on the psychological well-being of the patient should be considered. The etiology of the disease is still not clear. Different hypotheses are concerning to explain this melanocyte activity loss. Most famous theories in pathogenesis are autoimmune theory, cytotoxic theory, biochemical theory, oxidant-antioxidant theory, viral theory, growth factor theory, neural theory and genetic theory. None of these theories have been proved yet but in a number of recent studies, strong evidence in favor of the autoimmune hypothesis has been obtained. MicroRNAs (miRNAs) are a class of small non-coding RNA molecules that regulate the expression of multiple genes at the post-transcriptional level through degradation and translational inhibition of target mRNAs. Studies previously reported that miRNAs regulated immune cell development and are involved in autoimmune development. Recently, miRNAs have been shown to be well preserved in serum or plasma, which has led to considerable interest in the development of miRNAs as biomarkers for disease prediction, diagnosis, prognosis and therapy response.

METHODS: In this study, molecular analyses of expressions that belong to 3 candidate miRNAs (miR-3680, miR-4495, miR-6824-5p) targeted genes leading to vitiligo pathogenesis in blood samples of vitiligo patients (n=50) and controls (n=50) were determined. The samples were obtained from the Department of Dermatology, Mersin University Faculty of Medicine. Selected miRNAs were analyzed by using comparative CT method in Real-Time PCR. **RESULTS:** There is a statistically significant difference between patient and control group regarding the level of miR-6824-5p expression. (P = 0.001) The level of expression in the patient group was significantly higher than in the control group. There was no statistically difference between the patient and control group in terms of miR-3680 and miR-4495 expressions level. **CONCLUSIONS:** Vitiligo can result in profound emotional distress, the patient's psychological health and especially interpersonal relationships and reduced quality of life. Although vitiligo is generally considered as a cosmetic problem, its effect on the psychological well-being of the patient should be considered. In conclusion, these data indicate that miR-6824-5p which targeting the tyrosinase (melanogenesis pathway gene) may play a role in the pathogenesis of vitiligo.

KEYWORDS: Vitiligo, miRNA, expression, Real time

OP-020

RETROSPECTIVE ANALYSIS OF 56 PATIENTS WITH URTICARIA TREATED IN OUR CLINIC

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Urticaria is one of the most frequently disease in dermatology clinics. It is generally classified as acute and chronic. More than 6 weeks of history that has been classified as chronic urticaria. Most of the patients with acute urticaria ma Urticaria occurring in 15-25% of individuals at some point in life. Nearly 40% of patients with urticaria also have angioedema. Acute urticaria can usually be easily managed and is related with a good prognosis but almost chronic urticaria is often associated with significant morbidity and affected quality of life. Chronic urticaria affects women more frequently than men. Chronic autoimmune urticaria is also associated with antithyroid antibodies in nearly 30% of cases. It has sometimes related with *Helicobacter pylori* (*H. pylori*). Patients with chronic idiopathic urticaria not current evidence of autoimmunity and also the mechanism of mast cell triggering is unknown. And sometimes chronic urticaria might be a manifestation of a systemic illness as a rare condition. Most common causes of acute urticaria are infections, medications-drugs, foods, insect bites, and allergens, particularly latex hypersensitivity. 50% of patients with urticaria, the cause is unknown in literatures. But in our series (acute -or chronic) we have found etiology out of one patient. 56 patients were treated our in patients clinic. Fifteen patients had chronic urticaria and 41 patients had acute urticaria. Six patients were male and 9 were female in 15 chronic urticaria patients. It has been found that chronic patients usually present with any intervening infection during acute attacks. Caused etiologic factor were identified in 14 patients. In 11 patients, multiple factors were present. Most of the cases infections were identified. In addition pollen allergy or thyroid disease and/or B12 deficiency had accompanied. Etiological causes was detected in 40 patients with acute urticaria. In acute urticaria patients, more than one causes were found. Infections and medication were found usually together and most commonly etiologic factors. Thyroid disease and B12 deficiency were also identified as co-existing and predisposing factors. We wanted to share with our current large-scale investigations the fact that in many patients we have detected etiologic reasons at a very high rate if compared with the past and that our patients have a more effective treatment with their detailed examination. Multiple factors in acute or chronic urticaria may be present in etiology. Besides It