

Sunil Jaiswal

College of Medical Sciences and Teaching Hospital,
Nepal



Metabolic Syndrome in Patients with Lichen Planus- A Case Control

Abstract:

Background: Lichen Planus (LP) is a chronic dermatosis affecting the skin and mucous membranes.

Objective: To study the association of Metabolic Syndrome in patients with Lichen Planus. **Materials and Methods:** A hospital-based prospective case-control study was conducted including 75 histopathologically confirmed patients with Lichen Planus and 82 age and sex-matched controls.

Results: Majority (30.6%) of the patients belonged to the age group 31-40 years. The mean age of patients with Lichen Planus was 46.13 ± 14.9 years. Female predominance (69.3%) was observed in our study. Patients with classic Lichen Planus (54.6%) were predominantly observed. Metabolic Syndrome was significantly prevalent in Lichen Planus patients than in controls (32% versus 13.4%, $p=0.005$, OR 3.037) and was significantly associated with morphology (only oral mucosal involvement, 61.5%, $p=0.027$, OR 3.9), severity (severe LP, 58.6%, $p<0.001$, OR 7.79), and duration of the disease (>6 months, 55.5%, $p=0.001$, OR 5.42). Metabolic Syndrome was predominant in females (71%) and in the fourth decade (37.5%). Systolic and Diastolic Blood Pressure values ($>130/85$ mm of Hg), Serum Triglycerides (>150 mg/dl), and Low-Density Lipoprotein (>130 mg/dl) were significantly elevated, and High Density Lipoprotein (<40 mg/dl) was significantly low in LP than in controls ($p<0.05$).

Conclusion: The study showed a significant association of Metabolic Syndrome in patients with Lichen Planus. Thus, patients with Lichen Planus need to be screened to avoid complications associated with Metabolic Syndrome i.e. Diabetes Mellitus, Cardiovascular Disease, colorectal cancer, and stroke.

Biography

Dr. Sunil Jaiswal is a third-year dermatology resident at the College of Medical Sciences and Teaching Hospital, Bharatpur, Nepal affiliated with Kathmandu University. He was awarded the Chief of the Army Staff Award for Excellent Performance in Integrated Basic Medical Science during MBBS in 2014 and the Best Oral Award Paper Presenter at the 17th Annual Conference of Society of Dermatologists, Venereologists, and Leprologists of Nepal, 2023. Dr. Jaiswal has published 7 articles in the field of dermatology so far and participated in 2 international conferences as a speaker. He has a special interest in dermatopathology, hair disorders, immunobullous disorders, and Hansen's Disease.