



LUPUS EUROPE

Lupus : Skin & Aesthetic care



Cutaneous (skin) lupus:



Dr S.M.Habib, MD, PhD
Dermatologist

Leiden University Medical Center
The Netherlands

Lupus erythematoses

Auto-immune disease



The immune system is mistakenly attacking normal cells of the human body



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healthline

1. Selena Gomez

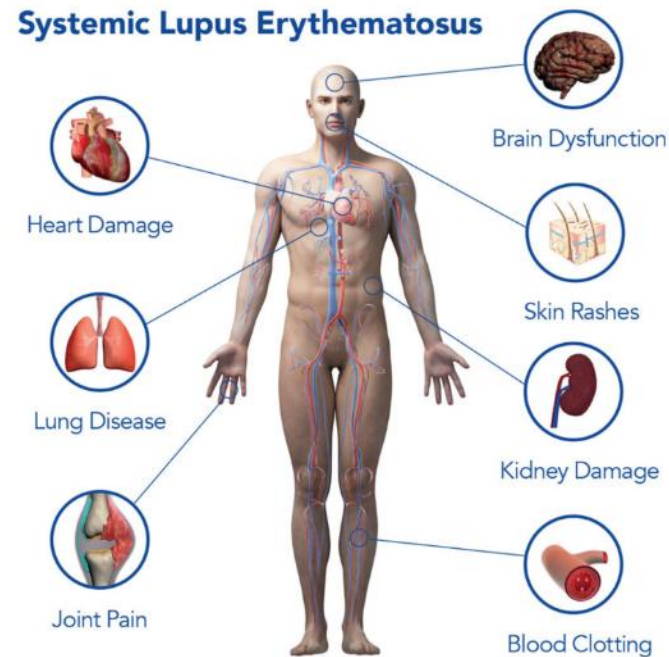


Selena Gomez, American actress and pop singer, recently revealed her diagnosis of lupus in an Instagram post that documented the kidney transplant she needed due to this disease.



Lupus erythematosodes: different forms

- ▶ 1 Cutaneous lupus (only skin involvement)
- ▶ 2 Systemic lupus



Today's focus: skinlupus

Skinlupus: different presentations



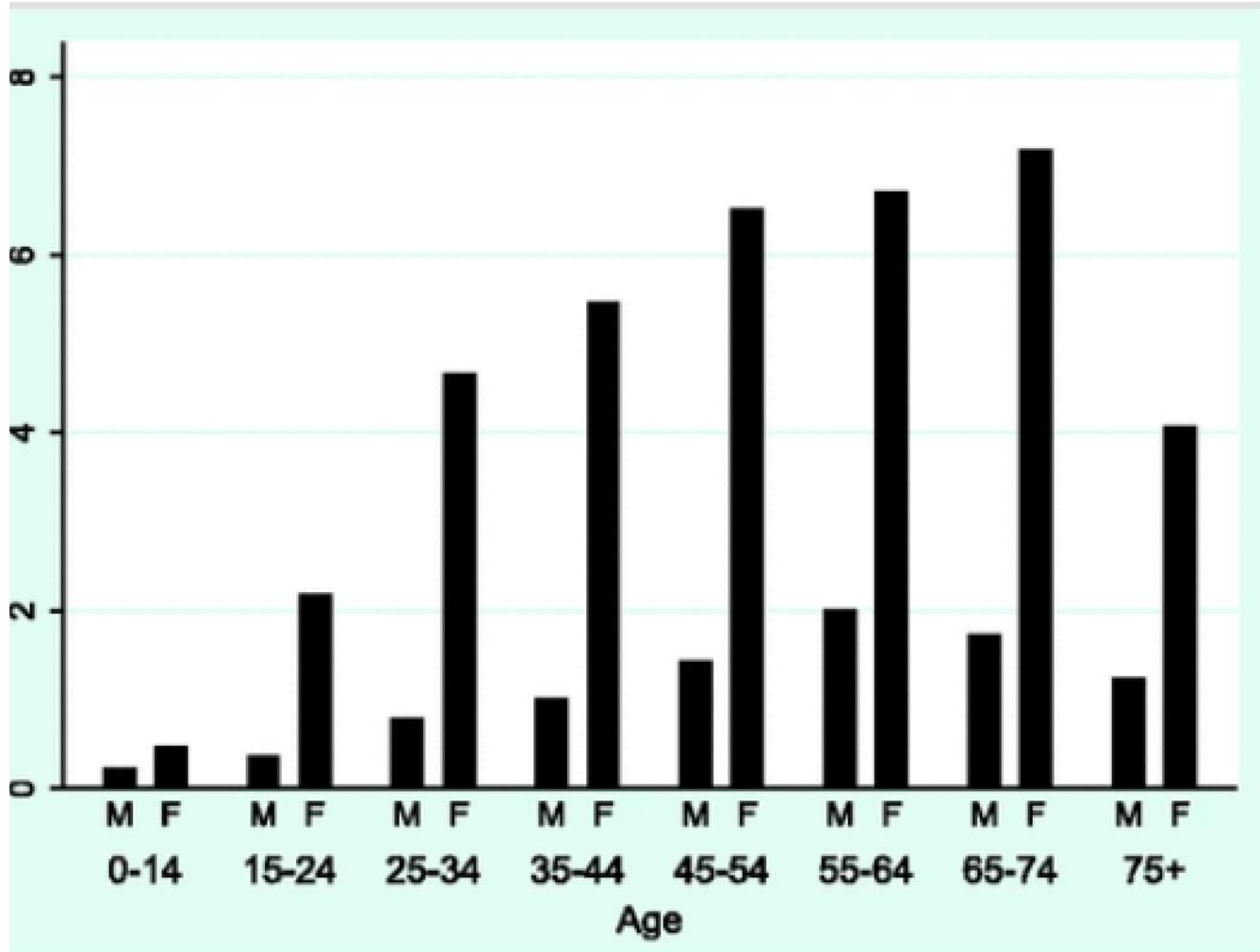
How often does skin lupus occur?

Skinlupus occurs more often in female (4:1)

Number of new patients per year?

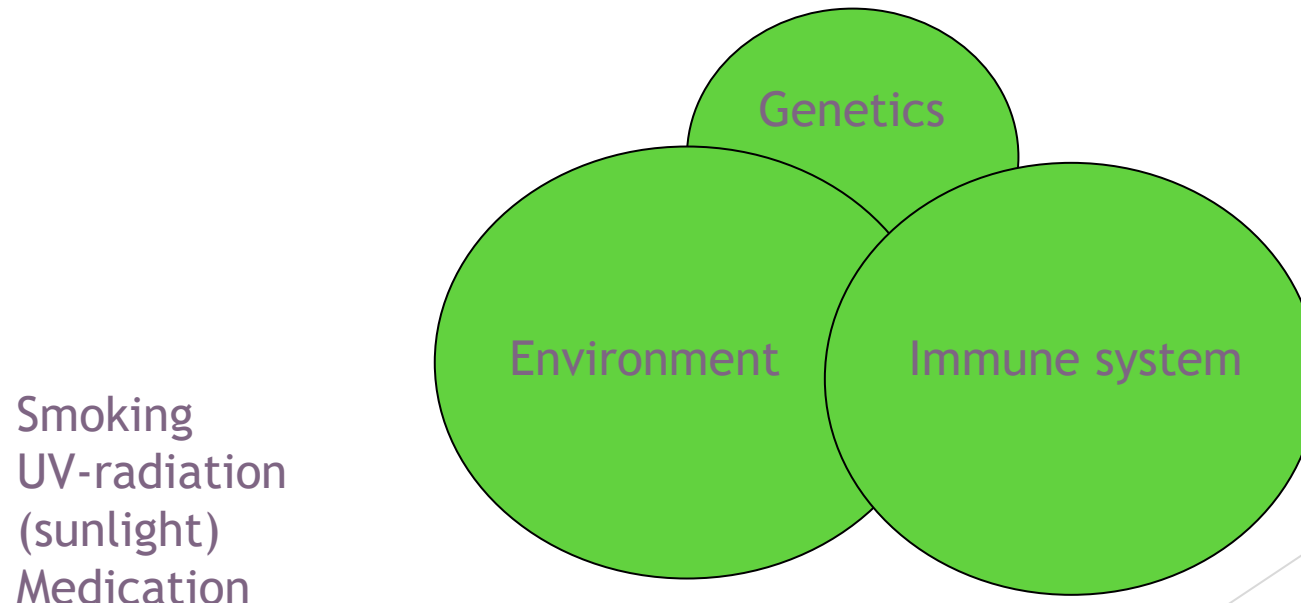
- ▶ Denmark: 2.7 per 100.000 people
- ▶ Sweden: 4.0 per 100.000 people

Skinlupus: age



Causes of skinlupus

- Not exactly known
- There are several factors involved



How to recognize skinlupus



Depends on subtype

There are 3 types of skinlupus

1 Acute

2 Subacute

3 Chronic

There are 3 types of skinlupus

1 Acute

6.1% of skinlupus patients

2 Subacute

18.4% of skinlupus patients

3 Chronic

67.5% of skinlupus patients

In the next slides, the different types of skinlupus will be explained

Type 1: Acute skinlupus

Acute skinlupus



- Malar rash = skinrash has a butterfly shape

Acute huidlupus

- ▶ Almost always associated with systemic lupus
 - ▶ **Characteristic:**
 - Skinfindings develop acute (in hours to days)
 - Butterfly like rash on the face
 - **Patients are extremely sensitive for sunlight**
 - Blisters on the skin
- (Hairloss)

Type 2: Subacute skinlupus

Subacute skinlupus

Skinfindings devided in two forms:

- ▶ Red and flakes (squamous skin)
- ▶ Red and ring-shaped skin findings

Skinfindings do not leave a scar behind

Subacute skinlupus

Which area's are usually involved: neck, chest, arms and legs

Subacute skinlupus can also be activated by some drugs/medication

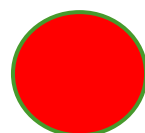
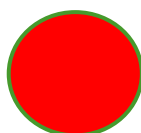
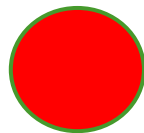
Red skin findings and flakes



Subacute skinlupus



Ring-shaped skin findings



Skinlupus can be activated by several drugs/medication

Drug-induced lupus

Associated medication

How someone reacts to certain medication differs per person

Not everybody who uses these medication will develop skin lupus

Associated medication

Example of medication groups:

- ▶ Bloodpressure medication
- ▶ Anti-fungal medication
- ▶ Some antibiotics
- ▶ Chemotherapy

Till now, we have discussed two forms of skinlupus. We will now continue to:

Type 3: Chronic skinlupus

This is the most common form of
skinlupus

Chronic skinlupus

- ▶ The word chronic means: skindinfings last for a long time
- ▶ Chronic skinlupus damages the skin
- ▶ 60-80% of patients have skindinfings in the head and neck region

Chronic discoid lupus



Patients develop scars and pigmentary changes



Rare variants of chronic skinlupus

Chilblain lupus



chilblain lupus



chilblain lupus

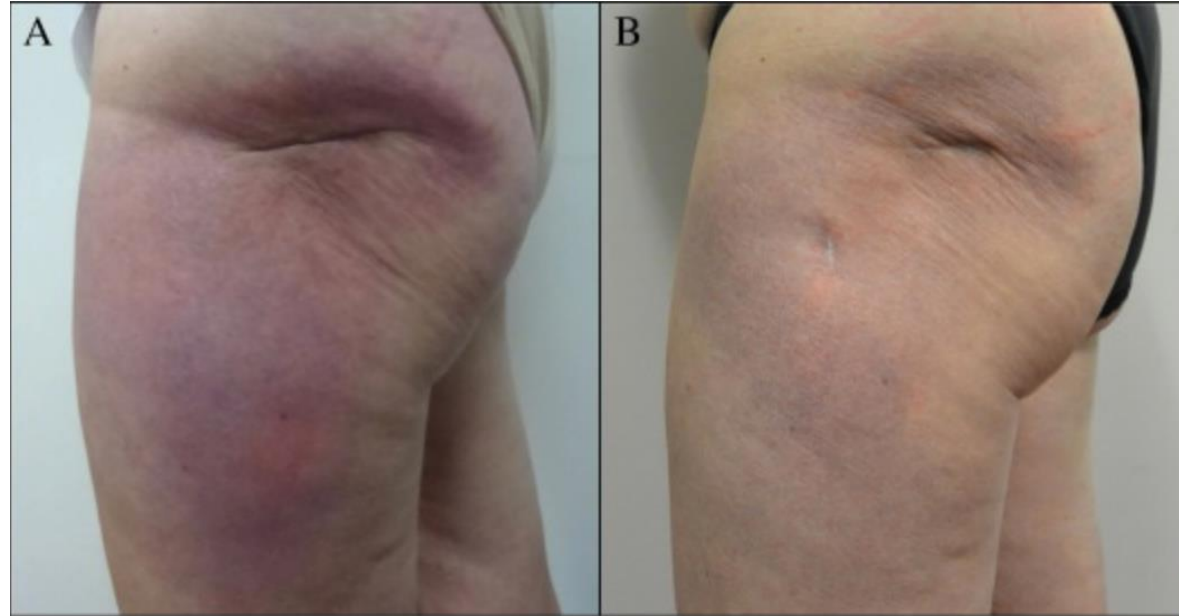


chilblain lupus



chilblain lupus

Lupus profundus



- The auto-immune disease (lupus) attacks the fat under our skin

Lupus profundus on the cheek



Lupus profundus: treated with fat transplantation



Becareful with cosmetic treatments

- ▶ Cosmetic treatments (for example) fattransplantation should only be performed when the disease is inactive
- ▶ The treatment should be planned by a multidisciplinary specialized team



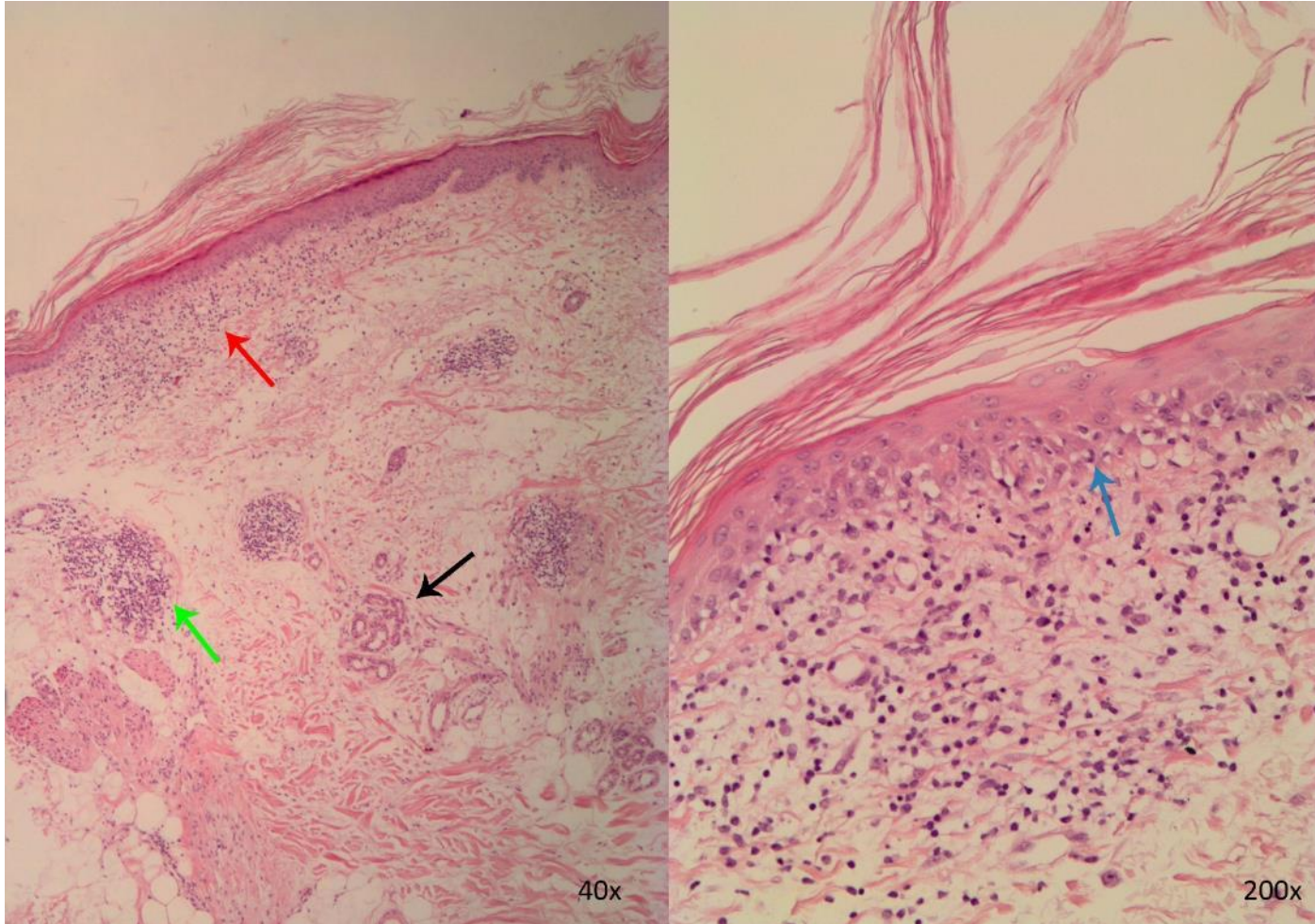
How is the diagnosis skinlupus made?

- The dermatologist recognizes the skin findings
- Sometimes laboratory testing (also to rule out systemic lupus) is done
- **Skin biopsy**

Skinbiopsy



Skinlupus under the microscope



Can skinlupus evolve into systemic lupus?

YES

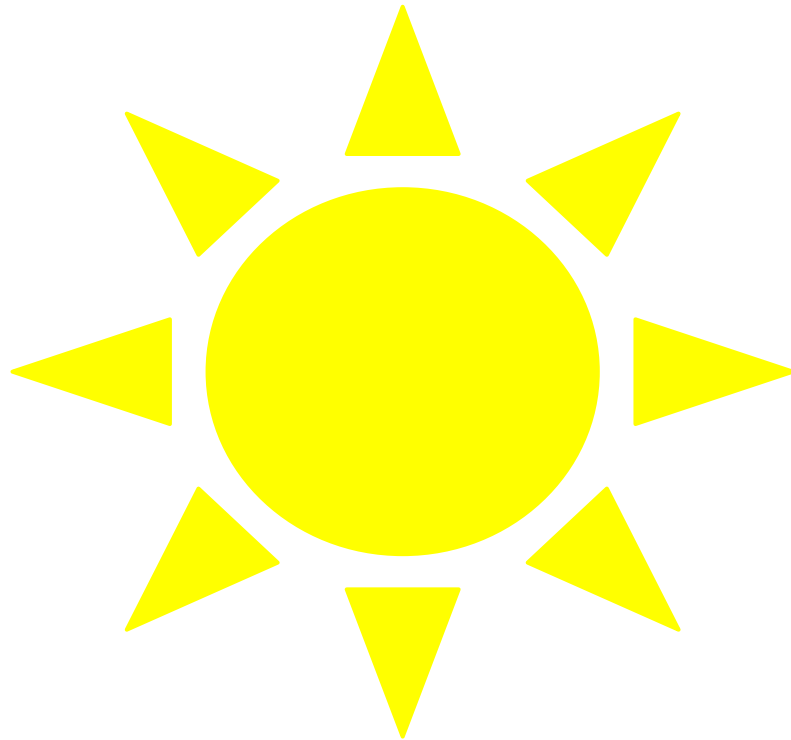
How to take care of your skin with lupus?

First of all:

Treatment should be started by a medical specialist (dermatologist, rheumatologist etc)

Some other measures you can take are described in the next slides

Protect your skin against sunlight and UV-radiation



Broad-spectrum sunscreen (UVA-UVB) with a high sunprotection factor (SPF) prevents the development of skin lesions in lupus patients

(besides also being protective against skin cancer)



Tips

- ▶ Do not expose your skin unprotected to sunlight
- ▶ Do not use tanning beds
- ▶ Avoid sunlight during peak hours (11:00-15:00)

Tips

Use protective measures

- ▶ Sunscreen (also available in make-up products)
- ▶ Sunblocks

Reapply sunscreen every 1.5-2 hours

Tips

Use protective measures

- ▶ Sunprotective clothing
- ▶ Physical barriers (umbrella, parasol, sunglasses)



Thank you