

CLINICAL AND ANAMNESTIC CHARACTERISTICS OF PATIENTS WITH LICHEN RED PLANUS

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Abstract: The article reflects the characteristics of patients diagnosed with lichen planus who were hospitalized. There are 3 main groups of patients, each of them has clinical and anamnestic features.

Keywords: lichen planus, method, treatment, diagnosis.

INTRODUCTION: Lichen planus is a chronic disease characterized by monomorphic rashes on the skin and mucous membranes [1]. Today, lichen planus accounts for about 0.78–2.5% of all dermatological pathologies [2]. Over the past decade, there has been a significant increase in patients with this dermatosis. Studying patients with this pathology and compiling their characteristics can help in timely diagnosis of the disease and prevention of the most common concomitant pathology.

MATERIALS AND METHODS: A retrospective analysis of 75 case histories for 2023 of patients with lichen planus aged 18 to 89 years who were hospitalized was carried out.

RESULTS AND DISCUSSION: Lichen planus as an isolated skin lesion occurs in 61% of patients, 65.1% are women, 34.9% are men. The average age of patients is 53 years. Patients from this group sought medical help mainly in April-July and October. Complaints of itching were noted in 56.3% of cases, skin lesions in 100%. The presence of allergies was noted in 15.3% of patients from this group (to citrus fruits, chocolate, novocaine). The typical form of lichen planus of the skin was found in 63% of cases, the atrophic form in 12% of cases, warty and zosteriform form - in 9% of cases, respectively, and ring-shaped in 7% of cases. The skin of the torso was affected in 58.1% of cases, uniform damage to the skin of the upper and lower extremities in 41.9% of cases, the skin of the legs in 25.6% of cases, the skin in the area of the wrist joint in 14% of cases, the skin of the forearm in 11.6% of cases, the skin of the shoulder and hand in 9.3% of cases, respectively, the skin of the thighs and feet in 7% of cases, the foreskin and scalp - in 2.3% of cases, respectively. Of the concomitant pathologies, coronary heart disease was noted in 54% of patients, arterial hypertension in 53% of patients, gastritis in 16.2% of patients, nodular goiter of the thyroid gland and hepatitis in 9.3% of patients, respectively, diabetes mellitus and gastric ulcer and duodenum in 7% of patients, respectively. When conducting clinical and laboratory research methods in a general blood test, leukocytosis was noted in 30.2% of cases, an increase in ESR in 27.9% of cases.

Lichen planus with isolated lesions of the oral mucosa occurs in 25% of patients, 82.3% of patients are women, 17.7% of patients are men. The average age of patients is 59 years. The occurrence of rashes on the oral mucosa after previous dental prosthetics was noted by 17.6% of patients. Patients from this group sought medical help mainly in March and September. Complaints of itching were noted in 47% of cases, pain in 29.4% of cases and damage to the oral mucosa in 100% of cases. The typical form of lichen planus with isolated lesions of the oral mucosa occurs in 53% of patients, the erosive-ulcerative form in 35% of patients, the exudative-hyperemic form in 12% of patients. The buccal mucosa is affected in 82.4% of cases, the tongue is affected in 64.7% of cases and the lips in 29.4% of cases. Of the concomitant pathologies, coronary heart disease was noted in 47% of patients, arterial hypertension in 41% of patients, gastritis in 29.4% of patients, diabetes mellitus in 17.7% of patients, pancreatitis in 11.8% of patients, cholecystitis and osteoporosis in 5.9% of patients, respectively. When conducting clinical and laboratory research methods, a biochemical blood test revealed an increase in cholesterol levels in 52.9% of patients, a

general blood test showed an increase in ESR in 35.3% of patients, and leukocytosis in 23.5% of patients.

Lichen planus with lesions of the skin and mucous membrane of the oral cavity occurs in 14% of patients, 70% of patients are women, 30% of patients are men. The average age of patients is 54 years. Patients from this group sought medical help mainly in June, October and January. 60% of patients complained of itching, 10% of patients complained of pain, and 100% of patients complained of rashes. The mucous membrane of the cheeks was affected in 80% of cases, the tongue was affected in 70% of cases, the skin of the trunk and extremities was affected in 30% of cases, respectively; lesions of the skin of the legs, forearm, and wrist joint area were noted in 10% of cases, respectively. Of the concomitant pathologies, coronary heart disease was noted in 40% of patients, arterial hypertension in 50% of patients, gastritis in 30% of patients, nodular goiter of the thyroid gland in 20% of patients. When conducting clinical and laboratory research methods in a biochemical blood test, an increase in cholesterol levels was noted in 50% of patients, in a general blood test, an increase in the ESR level in 50% of patients, leukocytosis and lymphocytosis in 30% of patients, respectively.

Thus, based on the above data, it is possible to draw up a possible portrait of a patient with lichen planus with isolated skin lesions, with isolated lesions of the oral mucosa, with lesions of the skin and oral mucosa, who receive hospital care.

CONCLUSION

1. Among patients, there are 3 forms of lichen planus: lichen planus with isolated skin lesions (61%), lichen planus with isolated lesions of the oral mucosa (25%), red flat lesions of the skin and oral mucosa (14%);

2. Each specific form of lichen planus is characterized by its own group of patients with certain qualitative and quantitative characteristics;

3. The results of this study can be used in dermatology when examining patients with suspected lichen planus;

4. The results of this study can be used to prevent diseases that are most common in patients with a certain form of lichen planus.

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