

**Abstract N°: 4719****Studying the quality of life and oiliness of the skin in women with acne depending on the duration of the disease**

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Introduction & Objectives: Acne is currently referred to a group of dermatoses that cause somatopsychic resonance due to existing or anticipated aesthetic discomfort and remains an important social issue in about half of patients with development of psychoemotional disorders.

Objective. To study the quality of life and the state and oiliness of the skin in women with acne depending on the duration of the disease.

Materials & Methods: 134 women with acne aged 18 to 45 y.o were examined.** The quality of the patients' life was evaluated using the Dermatology Life Quality Index (DLQI) psychometric questionnaire. The level of sebum production was measured using a sebum meter (Sebumeter® SM 815).

Results: Based on clinical findings, 42 (31.34%) patients were diagnosed with stage 1 acne, 41 (30.60%) – stage 2, 39 (29.10%) – stage 3 and 12 (8.96%) – with stage 4. 48 (35.56%) patients with duration of the disease less than 1 year and 86 (64.44%) – of 1 to 5 years. A control group consisted of 35 apparently healthy persons.

The DLQI in all examined patients meaningfully ($p < 0.001$) differed in the patients with acne depending on duration of the disease: in women with duration of the disease less than 1 year this index was 15.19 ± 0.62 (large effect of the skin disease on the quality of life) and from 1 to 5 years – 22.21 ± 0.68 (very large effect of the skin disease on the quality of life). The largest impact of the disease on patient's life was observed in daily activities and private life.

An increase in production of sebum ($\mu\text{g}/\text{cm}^2$) on forehead by 48.86% (176.4 ± 11.12) was observed in the examined women with acne with the disease duration of up to 1 year compared with the values of the control group (118.5 ± 10.34 , $p < 0.01$), and by 40.42% (166.4 ± 10.66 , $p < 0.05$) in patients with the disease duration of 1 to 5 years, on cheeks in accordance: by 66.5% (137.7 ± 8.88 , $p < 0.001$), and by 54.65% (127.9 ± 9.34 , $p < 0.001$), control group 82.7 ± 9.68 .

Conclusion: A significant impact of the disease on the quality of life was observed in all examined women with acne, the greatest impact being on daily activities and private life, especially in patients with the disease duration of 1 to 5 years. An increase in the secretion of forehead and cheek sebum was observed in the examined women with acne, which significantly differed in patients with different duration of the disease. It was revealed the relationship between the quality of life, increased skin oiliness and the duration of the disease in patient with acne. This substantiates the necessity to find new comprehensive differentiated methods of treatment for this patients.

