

Characteristics of atopic dermatitis in vietnamese children - A web-based survey

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ABSTRACT

Background: Atopic dermatitis (AD) is a common allergic disease in children, characterized by chronic, relapsing inflammation with eczematous and pruritic skin condition. Clinical manifestations of AD are affected by multiple factors, including age, environmental factors, food, and skincare routines. **Objective:** This survey investigated the features of AD in Vietnamese children. **Methods:** A web-based survey was conducted with 352 responses from parents whose children were diagnosed with AD by doctors. **Results:** Most responders (89.5%) had their children diagnosed with AD at the age of 0-36 months (23.2% under 1 month, 53.6% of 1-12 months, and 12.7% of 12-36 months). Overall, the AD lesions were found mostly on cheeks (60.2%), leg (40.1%) and arms (39.8%). In children under 12 months of age, AD lesions were commonly found on cheeks; while lesions on arms and legs were frequently reported in older children. 62.2% responders did not know the exact triggers of AD or thought that it was spontaneously exacerbated. The common suspected triggers were extreme weather conditions [hot (28.9%), dry (24.5%) or cold (24%) climates], followed by milk and dairy products (18.2%), and other foods (9.9%). Regarding treatment therapies, 74.9% responders considered skin moisturizing important, followed by frequently bathing (49.9%), avoiding cow's milk or dairy products as well as suspected foods (25.1%), and using topical steroids (20.7%). Only 8.5% and 1.9% responders thought that oral antihistamine and corticosteroids, respectively, are important in AD treatment. More than 50% of responders believed that AD is a chronic disease with flare-ups (52.5%) and will grow out (56.6%); moreover, they believed that children with AD could develop other allergic diseases later in their life (50.8%). **Conclusion:** AD in Vietnamese children has similar clinical characteristics with the general children AD. Hot weather could be a potential AD trigger in Vietnamese children. The knowledge of parents about AD in their children was good. These findings suggested a reasonable application of international AD treatment guidelines in Vietnamese children, with a minor revision due to tropical climate conditions.