



# ACTAS Derma-Sifiliográficas

Full English text available at  
[www.actasdermo.org](http://www.actasdermo.org)



## COMMENTARIES

### The Burden of Atopic Dermatitis in Adults<sup>☆</sup>



#### La dermatitis atópica del adulto: una enfermedad impactante

Atopic dermatitis is a chronic inflammatory skin disease that more commonly affects children, although it is increasingly diagnosed in adults. As with other chronic skin diseases such as psoriasis, there is growing evidence that systemic processes affect an individual's health. A recent study published in the *Journal of the American Academy of Dermatology* examines comorbidities in adults with atopic dermatitis and analyzes resource usage and the costs of this disease in the United States. The authors conclude that the cost burden generated by patients with atopic dermatitis is similar to that generated by patients with psoriasis, with more frequent visits to the emergency department in the former.<sup>1</sup> In this issue of ACTAS DERMOSIFILIOGRÁFICAS, Sicras-Mainar et al.<sup>2</sup> present the results of an excellent population-based study carried out in the area of Badalona (Catalonia). In addition to showing that patients with atopic dermatitis are more likely to have comorbidities (atopic [asthma], psychological [depression], or metabolic [cardiovascular

events, obesity, smoking]), the authors calculated the cost to be € 1504 per patient-year, which is higher in severe cases (€ 3397 vs € 2111 and € 886).

Our training as doctors focuses on gaining in-depth knowledge of diseases, often without taking into account the cost burden these diseases generate for society. However, studies such as that by Sicras-Mainar et al.<sup>2</sup> are necessary, since they can help us to allocate resources, evaluate the efficiency of new treatments, and design multidisciplinary strategies to ensure better management of chronic diseases, in this case atopic dermatitis.

## References

1. Eckert L, Gupta S, Amand C, Gadkari A, Mahajan P, Gelfand JM. The burden of atopic dermatitis in US adults: Health care resource utilization data from the 2013 National Health and wellness survey. *J Am Acad Dermatol*. 2017, <http://dx.doi.org/10.1016/j.jaad.2017.08.002>, pii: S0190-9622(17)32181-3.
2. Sicras-Mainar A, Navarro-Artieda R, Carrascosa-Carrillo JM. Impacto económico de la dermatitis atópica en adultos: estudio de base poblacional (estudio IDEA). *Actas Dermosifiliogr*. 2018;109:35–46.

Y. Gilaberte

*Servicio de Dermatología, Hospital Universitario Miguel Servet, IIS Aragón, Zaragoza, Spain*

*E-mail address: [ygilaberte@gmail.com](mailto:ygilaberte@gmail.com)  
1578-2190/*

© 2017 Published by Elsevier España, S.L.U.

<sup>☆</sup> Please cite this article as: Gilaberte Y. La dermatitis atópica del adulto: una enfermedad impactante. *Actas Dermosifiliogr*. 2018;109:1.