

Genodermatoses in the Gulf Countries

Khalid Al Aboud, M.D¹
Khalid Al Hawsawi, M.D²
V Ramesh³

Abstract

Genodermatoses in the Gulf countries have been reviewed. The high occurrence of diseases like epidermolysis bullosa, mal de Meleda and biotinidase deficiency have been noted. New syndromes are also continuously being reported. Molecular studies have revealed findings different from those described elsewhere. These have been linked to the large family size and tribal customs that lead to consanguinity. Influx of immigrants, wars and environmental pollutants are likely to worsen the situation. As treatment of genetic disorders is a challenging issue, prevention must be targeted by providing good premarital counseling and altering the tribal customs that promote consanguinity.

Introduction

Of the non-communicable diseases, genetic diseases are a major cause of both morbidity and mortality. There are isolated reports on a number of genetic conditions in the Arab population. These try to unveil the complexities of inheritance in a rapidly emerging population with common cultural, historical, traditional and religious ties. The large family size, high rate of consanguinity and other permitted forms of intermarriage make the Arabs an ideal group for the study of genetically inherited diseases. Most studies have concentrated on blood disorders, the commonest ones seen in the gulf. This prompted us to review the genodermatoses seen in the region.

Genodermatoses are inherited disorders determined by chromosomal aberrations or a single gene factor.¹ As disorders due to single gene factors are common and affect many people, these dermatoses in the gulf have been reviewed to acquaint the reader with the prevailing situation. The tables list the genodermatoses reported in the states of the Gulf Coop-

eration Council namely, Kingdom of Saudi Arabia, United Arab Emirates, Kuwait, Sultanate of Oman, Kingdom of Bahrain and Qatar. Yemen has recently entered this conglomerate and the article includes mainly those Yemenis working in the gulf states other than Yemen.

The diseases have been categorized, where possible, according to the predominant cutaneous manifestation. The rest have been placed in the last group. For ease of reference, the online version of Mendelian inheritance in man (OMIM) numbers are given for each disease which can be explored at the website <http://www.ncbi.nlm.nih.gov/omim>.

Discussion

Published data reveal that many genodermatoses have been seen in the gulf countries. Many also go unreported due to lack of manpower in peripheral areas. Patients too do not seek medical advice for non-life threatening disorders like neurofibromatosis and tuberous sclerosis that are quite frequent but undocumented. One publication² on genetic disorders lists 115 new genetic syndromes reported over the past two decades in Arabs. Of these, 100 syndromes are autosomal recessive, 10 are autosomal dominant, and 5 are possibly x-linked recessive or autosomal recessive. Recently, a website, regularly edited and reviewed by experts, has also been established³ with more than a thousand entries providing information in a specific population and can be reached at www.agddb.org.

Genetically inherited diseases in the gulf range from developmental defects giving rise to absence or partial presence of a particular part to biochemical ones that present in varied forms with systemic features. The exact nature of the defect in many still needs to be defined. Consanguinity is almost always present except in stray reports where it is either not mentioned⁴ or not seen.⁵⁻⁷ The high occurrence of some disorders has suggested the need for nationwide screening. Epidermolysis bullosa is one such disease whose prevalence is said to be much higher than that reported in the entire middle east and the authors recommended the need for prenatal tests to predict the severe forms.⁸ Biotinidase deficiency is relatively common in Saudi Arabia, and the frequency of organic acid disorders is said to be 1 in 740 births and much more in certain tribes.⁹ The same is true of cutis laxa, an unusually frequent disease, where cases with differing modes of inheritance have been seen.¹⁰ Pterygium syndrome, a disabling disease, has been often reported from Kuwait.¹¹ Some like albinism have been occasionally

¹Dermatology Department, Dr. Bakhsh Hospital, Makkah, Saudi Arabia.

²Dermatology Department, Hera general hospital, Makkah, Saudi Arabia

³Dermatology Department, All India Institute for Medical Sciences

Address for correspondence, Khalid Al Aboud, M.D, P.O Box 5440, Makkah, Saudi Arabia. Tel 966 2 5566411, Fax 966 25574350, E-mail amoa65@hotmail.com

reported.¹² An array of overlapping features have been seen in related syndromes namely, infantile systemic hyalinosis and juvenile systemic fibromatosis¹³, geroderma osteodysplastica and wrinkly skin syndrome¹⁴, and reticulate acropigmentation of Kitamura and Dowling-Degos disease.^{15,16}

The high incidence of inherited defects also explains the appearance of new syndromes with cutaneous abnormalities in the gulf states. They have been seen as keratinization defects and hair anomalies^{17,18}; loose or lax skin and joints with other defects^{19,20}, or associated with known syndromes^{21,22}; and along with a variety of dysmorphic features.^{23,24} Some appear to be newer variants of Ehlers-Danlos syndrome^{20,25} while another one has been eponymously named Teebi overgrowth syndrome.¹⁹

Limited studies in some conditions at the molecular level have revealed that the findings are at variance with those seen elsewhere. These include ataxia telangiectasia²⁶, atrichia congenita²⁷, autosomal recessive congenital ichthyosis²⁸ and autosomal recessive hypotrichosis simplex.²⁹ Unique mutations have been described in dyskertosis congenita³⁰, junctional epidermolysis bullosa⁸ and mal de Meleda.³¹

Therapy :

Treatment of genodermatosis can be challenging. Though some like lethal congenital erythroderma are not compatible with life³², there are others where the quality of life can be improved by treatment. These are often metabolic disorders and range from mere reversal of hypopigmentation in

homocystinuria with pyridoxine³³ to dramatic response in Richner Hanhart syndrome to diet restriction in tyrosine and phenylalanine.³⁴ Unrecognized, a condition like multiple carboxylase deficiency which responds to biotin can be fatal.³⁵ The advent of retinoids has also reversed the prognosis of some genodermatoses: sebaceous gland hyperplasia³⁶ and Papillon-Lefevre syndrome³⁷ are good examples and an encouraging response has been seen in harlequin ichthyosis.³⁸ Advanced therapy like bone marrow transplantation has been done with success in Chediak-Higashi syndrome.³⁹

Conclusion :

It would be obvious from the reports that many patients are strictly not gulf citizens but hail from other countries like Sudan, Egypt, Syria, Turkey, Palestine and Pakistan. As the oil driven economy of the gulf states accelerates progress the influx would be more from other countries. Many stay for long or even settle. Wars too contribute to environmental changes that can lead to mutation. These factors are likely to add new diseases that may make their appearance later. It is difficult to intervene here but what is needed now is a programme for routinely screening the common genodermatoses and identifying those at risk. Prevention should be brought about by appropriate premarital counseling and discouraging consanguineous marriages. To effectively channelise these services to the community, a Center for Arab Genetic Studies was recently established in June 2003 in Al Wasl Hospital, Dubai, U.A.E. which can be reached at www.cags.org.ae.

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Table 1 : Genodermatoses in the Gulf

S.No	Disorder/Phenotype	No. of patient(s) & Nationality	OMIM No.	Inheritance*	Clinical Cutaneous	Features*Other anomalies/ Systems affected
A	APPENDAGEAL LOSS					
1	Anhidrotic ectodermal dysplasia ⁴⁰	6 Qatar, Sudan, Palestine	129490 224900	AD or AR**	Absent or diminished sweat & hypotrichosis	Dental
2	Anonychia congenita simplex ⁴¹	1	206800	AD, AR or sporadic	Absence of nails	None
3	Atrichia congenita ^{27,42,43}	3 Saudi Many Oman	203655	AR	Total absence of hairs Keratin cysts on face & limbs ⁴³	None
4	Chondroectodermal dysplasia (Ellis-van Creveld syndrome) ^{44,45}	3 Yemen and Saudi families	209500	AR	Hypoplastic nails	Dwarfism, Teeth, Cardiac defects in 50%
5	Frontofacionasal dysplasia ⁴⁶	1 UAE***	225500	AR	Hypoplasia of multiple skin appendages	Multiple facial defects, CNS ⁺

6	Hereditary hypotrichosis simplex ⁴⁷	4 Saudi	229400 146520	AD	Progressive hair loss leading to baldness by age of 30	None
7	Leuconychia totalis ⁴⁸	1UAE	151600	AD, AR	White nails Hyperhidrosis	None
8	Primary hypogonadism and partial alopecia ⁴⁹	3Kuwait	Not available	AR	Alopecia	Hypogonadism
9	Vitamin D resistant rickets type II with alopecia ^{50,51}	4KuwaitSaudi	Not listed	AR	Alopecia	Rickets
10	Woodhouse & Sakati syndrome ^{52,53}	6Saudi	241080	AR	Alopecia	Hypogonadism Diabetes mellitus Mental retardation Deafness
B	PIGMENTARY CHANGES					
1	Chediak-Higashi syndrome ^{39,54}	7 Saudi	214500	AR	Albinism	Eyes
2	Dyschromatosis universalis hereditaria ⁶	1Saudi	127500	AR	Leukomelanoderma	None
3	Fanconi's anemia ⁵⁵	1Saudi	227650	AR	Pigmentary changes	Bone marrow Heart Kidneys Malformed limbs
4	Incontinentia pigmenti ^{56,57}	4QatarSaudi	308300	X-linked dominant	Typical hyperpigmentation	CNS Skeletal, Eyes, Teeth
5	Peutz-Jegher's syndrome ⁵⁸	1Saudi	175200	AD	Acral melanosis	Gastrointestinal tract
6	Piebaldism ⁵⁹	3Qatar	17280	AD	White patches on skin and scalp	None
7	Reticulate pigmentation of Dohi ⁶⁰	3 (AR)	127400	AD, rarely AR	Acral localized pigmentation	None
8	Reticulate acropigmentation of Kitamura ⁶¹	1UAE	Not given	AD	Acral melanosis, palmar pits & no hypopigmentation	None
C	ICHTHYOTIC SKIN					
1	Autosomal recessive congenital ichthyosis (ARCI) ²⁸	2UAE families	242100	AR	Variable erythema & scaling	None
2	Chanarin-Dorfman syndrome (lipid storage disease) ⁶²	2Saudi	275630	AR	Congenital ichthyotic erythroderma	Multiple systems