Mucocutaneous Manifestations of Behçet's Disease

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Introduction

Behçet's Disease is a chronic condition characterized by systemic vasculitis.
Mucocutaneous manifestations are often the first signs, typically presenting as oral and genital ulcers, as well as cutaneous lesions.

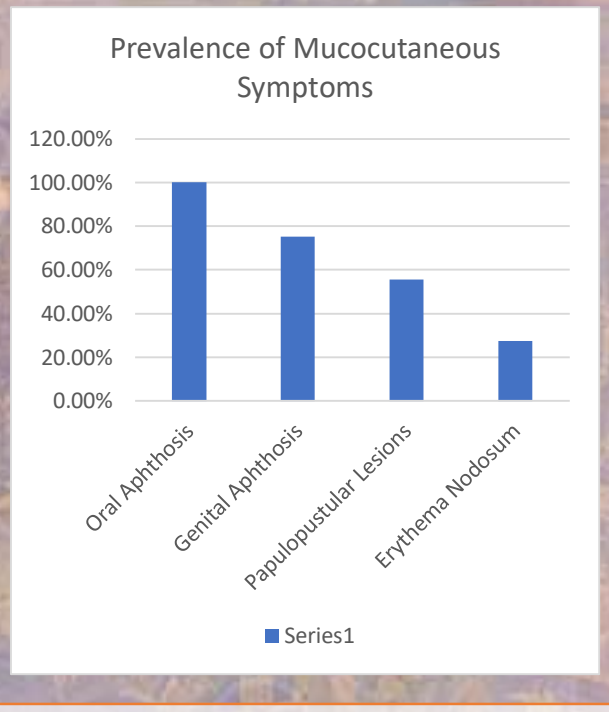
Objective

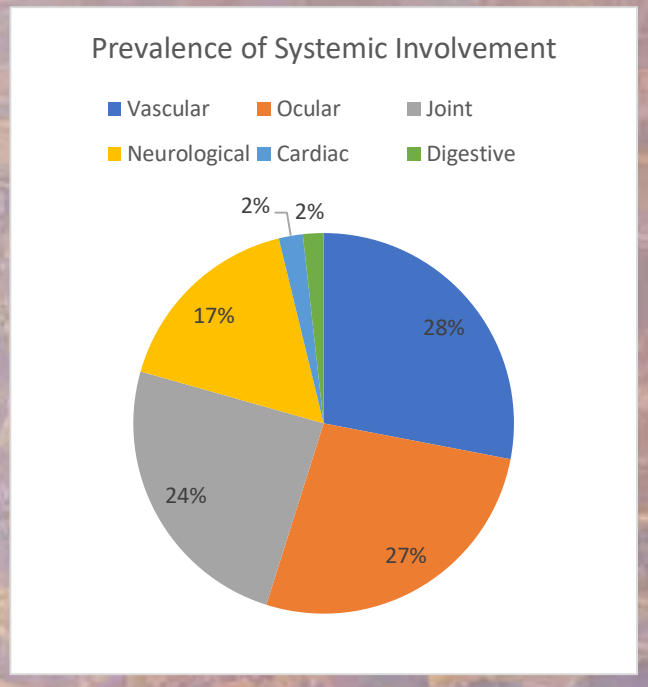
To determine the prevalence of mucocutaneous manifestations and evaluate the mean duration between the onset of oral ulcers and the fulfillment of diagnostic criteria.

Patients and Methods :

Study Design:
Type: Retrospective study
Duration: January 2010 to December 2023
Inclusion Criteria: Based on International Criteria for Behçet's Disease (ICBD)
Population:
Total Patients: 399
Gender Distribution: 210 men (52.6%), 189 women (47.4%)
Age Range: 16-60 years
Average Age: 32 years

Results





Rare Manifestations:
Raynaud syndrome, skin ulceration, vasculitic purpura.
Time to Diagnosis:
Mean Duration: 4 ± 6 years between oral ulcers and fulfillment of diagnostic criteria.
Though less prevalent, **rare manifestations** such as Raynaud syndrome, skin ulceration, and vasculitic purpura were observed. While these symptoms occur infrequently (5), they can indicate severe systemic involvement and thus require careful monitoring and intervention.
In our study of 399 patients with Behçet's Disease, we found systemic involvement rates of vascular (24%), ocular (23%), joint (21%), neurological (14.7%), cardiac (1.75%), and digestive (1.5%) manifestations. These findings align well with current literature, confirming the complex and multisystem nature of Behçet's Disease.
The findings of our study largely align with global data on Behçet's Disease, while highlighting some intriguing regional variations. For example, while oral aphthosis is universally recognized as a primary diagnostic indicator, the prevalence of other symptoms such as genital aphthosis and erythema nodosum may vary based on geographic and genetic factors.

Conclusion

In conclusion, mucocutaneous manifestations, particularly oral aphthosis, play a pivotal role in diagnosing Behçet's Disease. Our study reaffirms the significance of these symptoms and highlights the need for a comprehensive clinical approach that includes both immediate recognition and long-term management strategies. Future research should focus on understanding regional variations and exploring novel therapeutic targets to improve patient outcomes globally.

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