Malassezia Folliculitis: A Review Article

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Malassezia folliculitis (MF) results from overgrowth of *Malassezia* yeasts, which are normal skin flora. This condition is caused by a loss of balance between *Malassezia* yeasts, microenvironment, and human immunity. MF presented as small, monomorphic, itchy papules, and pustules particularly on hair line, face, and upper trunk. Because the appearance and location of MF are similar to acne, this makes it difficult to distinguish between the two conditions. MF is an under-recognized disease that is often misdiagnosed as acne vulgaris, recalcitrant acne, neonatal cephalic pustulosis or neonatal acne, and steroid acne. In addition, MF can occur simultaneously with acne vulgaris. The definite diagnosis is based on clinical presentations, direct microscopy, histopathological examination, and good response to antifungal treatments. MF may persist for years without complete resolution with standard acne treatment. Dermatologists should be aware of this disease when encountering patients with acne problems to provide proper management.

Keywords: Malassezia folliculitis; Acne vulgaris; Recalcitrant acne; Neonatal acne; Steroid acne

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Malassezia yeast is a normal flora of the human skin surface and only causes disease under specific conditions. It has been linked to skin diseases including seborrheic dermatitis, dandruff, *Malassezia* folliculitis (MF), and pityriasis versicolor^(1,2). MF, also known as *Pityrosporum* folliculitis (PF), typically manifests as a pruritic, follicular papulopustular eruption distributed on the upper trunk of young adults.

Malassezia

Malassezia is an anthropophilic fungus, classified as one of normal skin flora. This fungus can grow in a yeast phase as well as in a mycelial phase. In normal condition, *Malassezia* is usually found in the yeast form and live in the infundibular portion of the hair follicle. It survives on the lipid composition of sebum as nutrient for growth and proliferation. *Malassezia* belongs to Fungi kingdom, phylum Deuteromycota,

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Paichitrojjana A. *Malassezia* Folliculitis: A Review Article. J Med Assoc Thai 2022;105:160-7. **DOI:** 10.35755/jmedassocthai.2022.02.13268 class Blastomycetes, order Cryptococcales, and the family Cryptococcaceae. Malassezia furfur species was first described in 1889. Early taxonomic classifications of Malassezia yeasts are performed under limited conditions. They are distinguished only by microscopic findings from skin samples. Microbiological inoculation became possible after the lipophilic nature of this fungus was discovered in 1939 and was used as a tool to identify Malassezia species. After that, M. furfur (serotype A, B, C), M. pachydermatis, and M. sympodialis were identified. Guého et al isolated four new species, M. globosa, M. obtusa, M. restricta, and M. slooffiae based on morphology, ultrastructure, physiology, and molecular biology⁽³⁾. Since 2002, the use of molecular biology has made it possible to discover new species, such as, M. dermatis, M. japonica, M. yamatoensis, and M. nana(4-7). The genus Malassezia currently consists of 22 species of Malassezia, which have been isolated from both human and animal skin, and new species continue to be discovered. Studies have investigated the distribution of Malassezia yeasts on normal human skin according to body region. Lee et al conducted the quantitative study on the distribution of *Malassezia* yeasts in a healthy Korean population and found that M. restricta was mostly found on the scalp and forehead, whereas M. globosa was the predominant species on the chest. Quantitative analysis also showed that the yeast count per unit area of skin was higher for the chest and scalp and lower for the upper arm and thigh. The Malassezia yeast count

on the scalp, forehead, and chest was the highest in the 11 to 30 years age group⁽⁸⁾. Malassezia yeast becomes pathogen in certain predisposing factors such as immunosuppression, hot and humid climates causing increased episodes of sweating, antibiotic treatment, and corticosteroid therapy(9-12). Malassezia yeasts are the causative agents of pityriasis versicolor, seborrheic dermatitis, dandruff formation, and MF. Studies showed that the pathogenic Malassezia yeasts are the same species that was found on normal skin of the patients. M. globosa and M. restricta were the most frequently discovered species from the skin lesions of patients with seborrheic dermatitis⁽¹³⁾. M. globosa was found to be a major causative agent of pityriasis versicolor on the back⁽¹⁴⁾. M. restricta and *M. globosa* are the most common causative species for MF of the face and trunk, respectively⁽¹⁵⁾.

MF

Skin flora or skin microbiota refers to the microorganisms that reside on human skin. Many of them are bacteria but are also fungi and ectoparasite. Most are found in stratum corneum layer of epidermis and upper part of the hair follicles. A change in equilibrium has caused human skin flora to become pathogenic organism for skin diseases such as Cutibacterium acnes in acne vulgaris, Corynebacterium species in erythrasma, Malassezia species in pityriasis versicolor, MF, and others. MF results from overgrowth of Malassezia yeast in hair follicles, caused by changes in microenvironment and human immunity. MF is an acneiform eruption, described first by Weary et al in 1969⁽¹⁶⁾. This condition has clinical presentations similar to acne vulgaris. It is easy to miss and thus is likely underdiagnosed⁽¹⁷⁻²⁰⁾. MF was originally perceived as folliculitis that caused by P. ovale, so it was named PF. Later, Potter confirmed the relationship between MF, P. orbiculare, and P. ovale, which is currently classified in the same species name M. furfur⁽²¹⁾. M. *furfur* is an oval, monopolar budding yeast. It is a polymorphic, lipophilic micro-organism with a thick, multilayered cell wall. This yeast is found in the stratum corneum and infundibular of hair follicles. Malassezia yeast can transform into a pathogenic organism under certain conditions, such as increased temperature, humidity, greasy skin, sweating, and immunosuppression⁽²²⁾. In addition, one study found that this changes is associated with composition of fatty acids of the sebaceous gland due to an increase in androgen concentration⁽²³⁾. There are two possible mechanisms that may cause follicular inflammation

by Malassezia yeast. The first mechanism is caused by lipase and phospholipase activity of Malassezia yeast that damage skin barrier function and cause inflammation by inducing irritation and nonimmunogenic stimulation of the immune system^(24,25). This mechanism is supported by the presence of an increased number of NK1+ and CD16+ cells within biopsies from the lesional skin⁽²⁵⁾. No differences were identified between the number of interleukin associated cells and the lesional or non-lesional skin. The second possible mechanism is caused by the ability of Malassezia yeast in vitro that can stimulate keratinocyte production of inflammatory cytokines via Toll-like receptor 2(24). Among these inflammatory cytokines are interleukin (IL)-la, IL-6, IL-8, IL-12, and tumor necrosis factor- α along with antiinflammatory cytokines IL-4 and IL-10(26). Malassezia yeast can also activate complement cascades by both the classical and alternative pathways⁽²⁷⁾. Although there are many species that cause MF, all species have the same clinical presentation⁽²⁸⁾. The most common species identified from lesional skin were M. globosa, M. restricta, and M. sympodialis^(15,20). These species were not only identified as most common on lesional skin, but also as non-lesional skin of the same patient as well as healthy controls(26). This knowledge was confirmed by a study based on recombinant deoxyribonucleic acid (rDNA) analysis that identified the most common species from MF samples to be M. globosa, M. sympodialis, M. restricta, and M. furfur in order of most to least common⁽²⁸⁾. It was also found that the same species were identified from both lesional and non-lesional samples of the same patient. From the results of all studies, it can be concluded that MF is caused by Malassezia species of the normal skin flora and is not caused by an exogenous species⁽¹⁵⁾.

MF and neonatal cephalic pustulosis (neonatal acne)

Neonatal cephalic pustulosis is a variant of neonatal acne. Clinical symptom is the presence of pustular eruption on the face or scalp of newborn babies, often during the third week. The cause of neonatal cephalic pustulosis is strongly related to colonization of *Malassezia* yeasts, which can be detected through a microscope from pustules. It is typically a self-limited disease, but severe cases can be treated with topical ketoconazole⁽²⁹⁾. This relationship of causative *Malassezia* yeast has been confirmed by many studies. Rapelanoro et al studied about papulopustular eruptions of the face in neonates. Direct examination of pustule smears from papulopustular lesions of face, neck, and scalp showed M. furfur yeasts in eight of 13 cases. All cases responded well to 2% ketoconazole cream treatment within one week(30). Niamba et al conducted a prospective case-control study about correlation between neonates with cephalic pustulosis and M. sympodialis. Cultures from swabs and smears of pustules were obtained from patients, and swabs from healthy site-matched skin were obtained from controls. They found that the prevalence of Malassezia yeasts increased with age, and the severity of the pustulosis was correlated with the isolation of M. sympodialis⁽³¹⁾. This was confirmed by a prospective study conducted by Bernier et al about skin colonization by Malassezia yeasts in neonates and relationship with neonatal cephalic pustulosis. This study found Malassezia colonization begins at birth and increases in the first weeks of life. A high prevalence of M. sympodialis in neonates was observed from birth and a correlation was found between Malassezia yeasts and neonatal cephalic pustulosis. Malassezia colonization was higher when pustulosis was more severe and M. sympodialis was found in pustules⁽³²⁾.

MF and steroid acne

Steroid acne refers to an acne-like skin eruption that occurs in patients with high levels of circulating corticosteroids. They may have Cushing disease or may be undergoing treatment with systemic steroid such as prednisolone, dexamethasone, or anabolic steroids. Steroid acne is most common in young adults who have been taking moderate or high dose of oral steroid for several weeks. Steroid acne is presented as uniform, monomorphic inflammatory papules, and pustules on the chest but may also develop on the face, neck, back, and upper arms. Steroid acne exhibited clinical symptoms similar to those seen in MF, but there are few reports about the incidence of Malassezia yeast and steroid acne. Yu et al studied about the incidence of P. ovale and the effect of antifungal drugs in steroid acne. The results of this study showed that more than 80% of patients with acneiform eruption receiving systemic steroid revealed significant numbers of P. ovale in the papulopustular lesions. Furthermore, it was also found that this group of patients responded well to antifungal treatment⁽¹⁸⁾.

MF and acne vulgaris

MF is commonly misdiagnosed as acne due to clinical presentations and location of the skin lesions. Besides that, it can often be associated with acne vulgaris and may persist for years without complete resolution with conventional acne treatment⁽³³⁾. Patients usually receive unnecessary and prolonged antibiotic treatment. A retrospective study review of 110 patients with MF found that more than 75% had acne vulgaris and had recently been treated with antibiotics. MF was more common after antibiotic use. It presents as monomorphic, pruritic papulopustular lesions along the hairline and on the upper part of the back, and it improved with topical or oral antifungal therapy⁽³⁴⁾. Pürnak et al studied about the prevalence of MF among patients with acne vulgaris. MF was diagnosed based on clinical presentations and laboratory results. This study had shown that 25% of acne patients were also diagnosed with MF. Most of these patients had good results from antifungal treatment. The lesions decreased by more than 50% in 68.4% of the patients, which reduced the number of closed comedones and inflammatory papules. It was also found that the average number of spores in lesional samples was significantly decreased after treatment. They concluded that MF could present as acne vulgaris-like lesions, or the two diseases may coexist⁽³⁵⁾. Ayers et al reported patients with combination of acne vulgaris and MF. These patients demonstrated follicular papulopustular lesions on the face, back, and chest. Symptoms often wax and wane depending on the patient's activities, time of the year, and current treatment regimens. This condition often got worse when treated with antibiotics and dramatically responded with antifungal therapy⁽¹⁰⁾.

Clinical

MF is common in young adults⁽¹⁰⁾. The density of colonization of Malassezia yeasts is related to age and sebaceous gland activity⁽³⁶⁾. It is also more common in men than women and in people living in hot, humid climates, which may be due to excessive sweating. Other predisposing factors include topical or oral antibiotic use, corticosteroid use, and other immunosuppressants^(28,37). MF presents as small, uniform, itchy papules, and pustules particularly on the upper chest and back. Other sites include the forehead, hair line, face, neck, and extensor aspect of upper arms (Figure 1-4). Durdu et al found 71.4% of patients with MF developed skin lesions in more than one area of the body. The most common location was the face (57.1%), followed by the back (53%), extensor surfaces of the arms (38.8%), chest (36.7%), and neck (18.3%). Most patients experience itching in the lesional area⁽³⁸⁾. It also found that MF patients are more likely to experience seborrheic dermatitis and



Figure 1. Malassezia folliculitis on upper chest.



Figure 2. Malassezia folliculitis on neck and upper back.



Figure 3. Malassezia folliculitis on forehead.

tinea versicolor⁽⁹⁾, which is because both associated diseases result from the *Malassezia* yeasts. Studies have shown that there is a strong correlation between MF and acne vulgaris with various incidence^(12,34,35). Jacinto-Jamora et al studied about MF in Philippines and found that most patients that presented with



Figure 4. Malassezia folliculitis on right cheek.



Figure 5. *Malassezia* folliculitis associated with acne vulgaris is characterized by inflammatory papules with multiple comedones of acne vulgaris and small, itchy, monomorphic papulopustular lesions of *Malassezia* folliculitis on forehead.

papulopustular lesions had comedones on the face. MF coexisted with acne vulgaris in 56% of patients, and the addition of antimycotics to the acne regimen produced dramatic improvement of the lesions⁽¹²⁾. MF is often an underdiagnosed disease. It can be misdiagnosed as acne vulgaris and can often be associated with acne vulgaris (Figure 5). This condition requires a high index of clinical suspicion on initial presentation. It should be considered in patients with neonatal cephalic pustulosis or neonatal acne, young adult patients with acne on hairline, face, neck, or upper trunk, patients with recalcitrant acne, and patients with diabetes mellitus, AIDS, or a history of using antibiotic, corticosteroid and other

immunosuppressants, which may be responsible for the imbalance between Malassezia yeast and host immunity.

Diagnosis

Like other types of normal skin flora that can cause skin diseases, such as Cutibacterium acnes in acne vulgaris and Malassezia yeasts in pityriasis versicolor, the definite diagnosis is based on the clinical presentation, direct microscopy, histopathology, and response to antimicrobial treatment. MF usually presents as small, uniform, itchy papulopustular lesions on face, upper chest, and back. Wood lamp examination may demonstrate a yellow-green fluorescence on these skin lesions. This diagnostic tool was observed to be positive in 66.7% of MF patients, so it can be used in conjunction with physical examination⁽²⁸⁾. Dermoscopic examination can be used to differentiate between MF and acne vulgaris. Dermoscopic features of MF have been described as follicular papule and pustules with surrounding erythema, dirty white perilesional scales, coiled hairs with perifollicular erythema and scaling, hypopigmentation of involved hair follicles, and perilesional brownish discoloration in resolving lesions⁽³⁸⁾. Laboratory investigations by skin scraping with potassium hydroxide (KOH), tape stripping with Parker blue ink to confirm the presence of Malassezia yeasts is not recommended, as this can be misleading because Malassezia yeasts are presented as a normal part of skin flora in 75% to 98% of healthy individuals^(10,20,28). Usage of comedone extractor is recommended by Yu et al, rather than a simple skin scraping for KOH preparation. This will reveal levels of yeast within the hair follicle rather than the stratum corneum⁽¹⁸⁾. From the study conducted by Durdu et al, May-Grunwald-Giemsa smears showed higher positivity (100%) compared to KOH (81.6%) as confirmed by fungal culture⁽²⁸⁾. Tu et al showed sensitivity and specificity of Gram staining in diagnosis of MF are 84.6% and 100%, respectively⁽³⁹⁾. Diagnosis criteria about numbers of Malassezia yeasts from the skin sample are defined. Suzuki et al proposed diagnosis criteria for MF based on characteristic clinical features and direct microscopic findings of 10 or more yeast-like fungi per one hair follicle⁽⁴⁰⁾. Pürnak et al suggested that MF will be diagnosed with more than six spores in one high power microscopic field (×400)⁽³⁵⁾. At present, these diagnostic criteria are not conclusive. The author recommends using comedone extractor for collecting samples from papulopustular lesions and staining it

antifungal is excreted in high concentrations in sebum. Itraconazole is a broad-spectrum triazole, which

is highly lipophilic with good oral absorption and extensive tissue distribution⁽⁴⁴⁾. Two weeks of 200 mg itraconazole daily resulted in complete recovery of 79.6% of patients with MF⁽²⁸⁾. Antifungal drug sensitivities of Malassezia yeasts from MF were listed as itraconazole, which is better than ketoconazole, which is better than Amphotericin B, which is better than fluconazole. Itraconazole and ketoconazole have the best antifungal activity against Malassezia yeasts, but ketoconazole has a higher chance of causing hepatitis⁽⁴⁵⁾. In practice, fluconazole is used

more commonly due to its low side effect profile.

with Gram stain to look for the presence of Malassezia yeasts. This method is simple, not expensive, and can rule out other causes of folliculitis such as, C. acnes, Gram-negative bacteria, Dermatophytes, and Demodex mites. Culture of Malassezia species typically requires special media, Dixon's or Leeming-Notman agar, and growth at 32°C to 35°C under aerobic conditions, so it is not routinely performed. Histopathological sections reveal dilated follicles plugged with keratinous material, and perifollicular inflammatory cells infiltration with neutrophils. When the follicle contains round yeast organisms without hyphae, it demonstrates positivity with periodic acid-Schiff stain⁽⁴¹⁾. An et al demonstrated that significant differences in histopathologic findings exist between MF and another acneiform eruption lesions relative to the presence of necrotic keratinocytes in the follicular wall⁽⁴²⁾.

There are many treatments for MF, but it is

important to address any predisposing factors of

the patients at the beginning, because MF tends to

recur. Educating patients about how to prevent this

disease is as important as the treatments. Topical

treatments such as selenium sulfide shampoo, 1.5%

ciclopirox olamine, 2% ketoconazole shampoo,

and topical ketoconazole have been reported to be

effective in patients with MF. However, the most

effective treatment is oral antifungal medication,

because Malassezia yeast is located deep within

the hair follicle. Topical treatment may not be

sufficiently effective for the treatment. Otherwise,

oral antifungal medications are also useful for their

anti-inflammatory actions⁽⁴³⁾. Nevertheless, topical

antifungals are useful as adjunctive therapy as well as

maintenance and prophylactic therapy. Investigators

have studied the efficacy of itraconazole, as this

Treatment

There are reports of MF treatment with isotretinoin, but its efficacy is not conclusive. Friedman found that 20 weeks of therapy with low-dose isotretinoin has beneficial effect⁽⁴⁶⁾, while Goodfield and Saihan reported failure of isotretinoin therapy in MF patients⁽⁴⁷⁾. Photodynamic therapy (PDT) is a new alternative therapeutic option for MF. Lee et al did a pilot study using topical PDT with methyl aminolevulinate cream as a photosensitizer treatment for MF. Out of the six patients included in this study, three presented with strong improvement, one with moderate improvement, one with mild improvement, and one with no improvement. This study also reported no recurrence after four months⁽⁴⁸⁾. Recurrence of MF is common even after successful treatment. Therefore, analyzing and eliminating predisposing factors is recommended. Long-term prophylaxis with topical treatments should be considered in patients with a history of recurrences.

Conclusion

MF is typically presented as monomorphic, pruritic papules and pustules along the hairline, neck, and upper part of the trunk and responds well to treatment with topical or oral antifungal medications⁽⁴⁰⁾. Definite diagnosis of MF is based primarily on clinical presentation, direct microscopy, histopathological examination, and rapid response with antifungal treatments^(16,17). Due to the clinical presentation and location of the lesions being similar to acne, MF is often misdiagnosed as acne. In addition, MF can also occur simultaneously with acne vulgaris, thus making an accurate diagnosis even more difficult⁽⁴⁰⁾. The association with acne vulgaris may require combinations of both antifungal and acne medications^(14,34). Dermatologists should be aware of MF when encountering neonatal acne, young adults with acne on hairline, face, neck and upper trunk, recalcitrant acne, steroid acne, and immunocompromised patients to provide proper management for these patients.

What is already known about this topic?

Malassezia folliculitis results from overgrowth of *Malassezia* yeasts present in the normal skin flora. This condition is caused by a loss of balance between *Malassezia* yeasts, microenvironment, and human immunity. *Malassezia* yeast becomes pathogenic organism in certain predisposing factors such as immunosuppression, hot and humid climates causing increased episodes of sweating, antibiotic treatment, and corticosteroid therapy. MF typically presents as small, monomorphic, itchy papules, and pustules particularly on hair line, face, and upper trunk of young adults.

What does this study add?

This article reviews knowledge about MF, new data about *Malassezia* yeast, a variety of clinical manifestations, investigations, and diagnostic criteria for MF. MF is an under-recognized disease, often misdiagnosed as acne vulgaris, recalcitrant acne, neonatal cephalic pustulosis or neonatal acne, and steroid acne. This condition can occur simultaneously with acne, making it more difficult to get an accurate diagnosis. The definite diagnosis is based on clinical presentations, direct microscopy, histopathological examination, and good response to antifungal treatments. Dermatologists should be aware of this disease when encountering patients with acne problems to provide proper management for the patients.

Conflicts of interest

The author declares no conflicts of interest.

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