

1 **Title:** Potential Autoimmune Association between Benign Paroxysmal Positional Vertigo and Immune-mediated  
2 Skin Conditions: Population-based Cohort Study

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## 1 **ABSTRACT**

2 *Background:* Benign paroxysmal positional vertigo (BPPV), an idiopathic disorder of sudden sensorineural  
3 hearing loss and vertigo, shares many similarities with two common skin conditions, atopic dermatitis (AD) and  
4 vitiligo. Recent studies have suggested that BPPV may be related to or triggered by autoimmune conditions,  
5 notably hypothyroidism and giant cell arteritis (GCA).

6 *Objective:* These evidences prompted the authors to entertain the possibility of immunological bridge between  
7 BPPV and the two skin conditions. The authors have tested this hypothesis with population-based cohort from the  
8 National Health Insurance Service Database of Korea.

9 *Methods:* A cohort of 1.1 million patients was extracted from the DB. Using  $\chi^2$  tests, prevalence of the two skin  
10 disorders in terms of BPPV status was analysed.

11 *Results:* In AD patients, the prevalence of BPPV was 30% lower, while there was no statistically significant  
12 relationship between BPPV prevalence and vitiligo. The relationship between vitiligo and BPPV was significant  
13 in younger subgroup only. Socio-economic subgroup analysis revealed the observed patterns are primarily a  
14 middle-upper class phenomenon.

15 *Limitations:* Uncertainty regarding temporal sequence of onset, and lack of detail on disease severity and subtype  
16 might have kept the authors from drawing more refined conclusion.

17 *Conclusion:* AD and vitiligo might be linked to BPPV through the action of certain components of cellular  
18 immunity, but follow-up studies based on large population cohort would be needed to add more substance to our  
19 findings.

## 21 **Introduction**

22 Benign paroxysmal positional vertigo (BPPV), along with *Ménière* disease (MD) and labyrinthitis, is one of  
23 the most commonly encountered forms of vertiginous disorder. Accounting for almost 50% of all individuals with  
24 peripheral vestibular dysfunction [1], one-year and lifetime prevalence of this largely idiopathic entity is believed  
25 to be around 1.6% and 2.4% respectively, with a slight predilection for females [2,3,4]. The vertigo of sudden  
26 onset, that is characteristic of BPPV, is thought to be instigated by displacement of inner ear crystals (otoliths),  
27 with the stones lodging within the lumen of the semi-circular canals [5], which in turn culminates in perturbed  
28 rotational balance. While postural or head position changes as precipitating factors of BPPV symptoms is  
29 reasonably well established, whether there are other factors accounting for the stimulation of labyrinthine  
30 receptors is a matter of ongoing debate. Traditional views have held that the phenomenon is primarily of

1 mechanical nature, while some schools of thought have embraced the notion of autoimmune etiopathogenesis for  
2 BPPV. Studies over the past several years have reinforced the notion of the endolymphatic sac, where these “ear  
3 rocks” originate, as a vibrant hub of immunological interactions, rather than an inert structural locale [6]. The  
4 labyrinthine sac is known to harbour inner ear autoantigens of various molecular weights, which can trigger type  
5 II (surface antigens) or type III (antigen-antibody immunocomplexes) hypersensitivities [7,8]. One facet of the  
6 autoimmune hypothesis points to this type of immune-complex formation and diffusion of these complexes into  
7 the inner ear surface, as a direct cause of the triggering of the symptoms [9]. For the past couple of decades, there  
8 has been some debate raging over the issue of thyroid status with respect to BPPV pathogenesis. Some authors  
9 have found that there is a positive correlation between the chronic inner ear disorder and Hashimoto thyroiditis,  
10 which is the most common cause of hypothyroidism [10,11]. Furthermore, Papi *et al.* showed that BPPV is related  
11 to autoimmune chronic thyroiditis (ACT), and that the association is independent of thyroid status [12]. However,  
12 despite these reports, the issue remains unsettled. To explore the issue from a different perspective, the authors  
13 have tested how the chronic inner ear condition is related to two of the most prevalent inflammatory skin diseases,  
14 atopic dermatitis and vitiligo. The strong ties of these two conditions to a variety of autoimmune diseases are  
15 fairly well established, and in particular, their relationship to thyroid diseases has been explored in a wealth of  
16 previous literatures [13,14]. Also, because each of the two entities has distinctive immuno-pathological  
17 mechanism, they were deemed suitable for the purposes of comparison with BPPV.

18 The aim of the authors in the present investigation was to offer an alternative and complementary explanation  
19 for the controversial role of autoimmunity in BPPV, through analysis based on population-based cohorts from the  
20 National Health Insurance Service of Korea (NHIS) database.

21

## 22 **Results**

23 **Baseline characteristics.** Baseline demographic information is summarized in Table 1. The entire study cohort  
24 was made up of 1,113,656 individuals, with nearly equal sex distribution (M:F=50.1:49.9). Geographically, the  
25 highest proportion of the cohort was drawn from Seoul and *Gyeonggi* Province, a metropolitan area surrounding  
26 the nation’s capital (at around 21% apiece). Other major cities and the metropolitan provinces of the country were  
27 evenly represented. Each eligible citizen is subject to either one of the two coverage plans, *i.e.*, employee-insured  
28 or self employee-insured, or when applicable, the Korean Medical Aid program. The cohort was divided into ten  
29 income brackets (deciles), and then regrouped as *lower* (brackets 1 through 4), *middle* (brackets 5 through 7), or  
30 *upper* (brackets 8 through 10) income tiers. The study cohort was also divided from grade of 0 to 6 according to

1 the extent of their disability. For the entire cohort, the “baseline” prevalence of BPPV, AD, and vitiligo were  
2 computed at 0.69%, 0.72% and 0.11%, respectively.

3 **Prevalence of BPPV in terms of skin disease status.** The prevalence of BPPV in AD individuals was 0.72%.  
4 In non-AD patients, the prevalence was 0.50%. The finding was statistically significant ( $p=0.023$ ). The prevalence  
5 of BPPV in vitiligo and non-vitiligo individuals was 0.11% and 0.14%, respectively. However, these relationships  
6 were not statistically significant ( $p=0.464$ ).

7 **Sex and age.** A similar pattern prevailed after male and female cohorts were considered separately, although the  
8 relationship between BPPV and AD was not statistically significant in males ( $p=0.119$ ). Age group analysis  
9 revealed that the higher prevalence of vitiligo in BPPV patients held true only for the younger individuals  
10 ( $p=0.000$ ). Other findings were not statistically significant.

11 **Socioeconomic subgroups.** On  $\chi^2$  test, the BPPV-vitiligo relationship was valid only in the “middle” income  
12 tier (brackets 5 through 7,  $p=0.000$ ). On the other hand, the lower BPPV prevalence in AD patients was seen only  
13 in the “upper” tier (brackets 8 through 10,  $p=0.037$ ). Other relationships were not statistically significant.

14 **Disability.** The BPPV-AD/vitiligo relationship was also analysed by disability status.  $\chi^2$  analysis revealed  
15 virtually the same results for individuals without disability as the whole cohort ( $p$ -values of 0.026 and 0.000 for  
16 AD and vitiligo, respectively). Interestingly, there was a reversal of pattern in the subgroup with moderate (grade  
17 1 & 2) disability, with a five-fold increase in AD prevalence in BPPV patients (1 of 56 *versus* 22 of 8,864 in non-  
18 BPPV patients;  $p=0.025$ ).

19

## 20 **Discussion**

21 While many causes are cited as possible players in its aetiology, nearly 60% of BPPV cases are still idiopathic  
22 [15], and it would not be completely implausible that at least a part of this proportion may be attributed to  
23 autoimmune causes. The autoimmune aspect of BPPV pathogenesis is a relatively recent development, and it is  
24 not “officially” recognised and given serious consideration in most established text sources. Apart from the issue  
25 involving thyroid, another piece of evidence in favour of the autoimmunity theory may be the link between BPPV  
26 and giant cell arteritis (GCA) [16]. The pathophysiology of GCA involves dendritic cells (DC) in the vessel wall  
27 which attract T cells and macrophages to form granulomatous infiltrates. T helper 17 cells (Th 17), interconnected  
28 with interleukin (IL) 6, IL-17 and IL-21, play an essential role, and this pathway can be blocked by corticosteroids  
29 [17]. From the population-based cohort of the present study, it was revealed that individuals with AD, or history  
30 of AD (BPPV tends to affect senile individuals whereas the incidence of AD peaks at late-20’s to mid-30’s) is

1 about 30% less likely to be affected with BPPV. Atopic dermatitis is a chronic, inflammatory disorder of the skin,  
2 in which thickening of the epidermis is one of the hallmarks [18]. The epidermal hyperplasia results from complex  
3 network of interactions between keratinocytes and T-cells, mediated by several cytokines and chemokines [19].  
4 Several studies from recent years have found that systemic inflammatory disorders are more prone to developing  
5 inner ear diseases; in psoriasis, which is also a chronic inflammatory disease characterized by hyperplastic  
6 epidermis, there is an increased risk of sudden sensorineural hearing loss [20,21]. Given the systemic nature of  
7 AD inflammation [22], it is likely that the surface of the labyrinthine sac of the utricle is also affected in a way  
8 that secures the position of otoliths within the utricle. Meanwhile in subgroup analysis, there was a sharp contrast  
9 between younger and senile cohorts. The higher prevalence of BPPV in senile patients with AD may suggest that  
10 immune senescence plays a role in the pathogenesis of BPPV [23]. In the sub-analysis by socioeconomic status,  
11 the prevalence of vitiligo was three times higher in BPPV individuals that belong to the lower income tier (deciles  
12 1 through 4). On the other hand, for the upper tier subgroup (deciles 8 through 10), the prevalence of AD in BPPV  
13 individuals was nearly one-half that of the non-BPPV cohort. This phenomenon may reflect unequal distribution  
14 of healthcare utilization across the socioeconomic hierarchy. Individuals lacking financial means and leisure are  
15 less likely to seek medical care for cutaneous signs of vitiligo at secondary or higher referral centres. However,  
16 they would be more compelled to take the trouble for symptoms of BPPV, which can seriously undermine the  
17 individual's day-to-day operation, and at larger centres this in turn would likely lead to the diagnosis of concurrent  
18 vitiligo.

19 The authors acknowledge that this study was subject to some limitations. Due to its cross-sectional nature,  
20 temporal relations between BPPV and skin disorders could not be established. Also, lack of information regarding  
21 disease severity and subtype (*e.g.*, anterior or horizontal canal *versus* posterior canal BPPV [24,25]) had impeded  
22 more detailed analysis, which would have allowed the authors to propose more elaborate disease mechanism.  
23 Finally, it was revealed by subgroup analysis that the relationship between the skin conditions and BPPV was  
24 statistically significant only for individuals *without* disability.

25 In conclusion, the present study represents a unique attempt to form a potential link between autoimmune  
26 conditions and BPPV, which has been considered to originate from mechanical/physical causes for the most part.  
27 Despite a few shortcomings, the study allowed the authors to glimpse through the underlying patho-mechanism  
28 of three puzzling conditions, and on the process gain some unique insights and perspectives. Further studies, with  
29 more thorough and sophisticated databases, would enable us to build upon this ground and yield more refined  
30 conclusions, including its therapeutic implications.

## 1 **Methods**

2 **Database (DB).** All study conduct adhered to the tenets of the Declaration of Helsinki. This study utilized  
3 KNHIS-NSC data (NHIS-2018-2-252), made by the National Health Insurance Service (NHIS) and was approved  
4 by the Institutional Review Board (IRB) of *Hallym Medical University Chuncheon Sacred Hospital* (IRB No.  
5 2018-08-018). The need for written informed consent was waived because the KNHIS-NSC data set consisted of  
6 deidentified secondary data for research purposes. The NHIS is a compulsory healthcare plan for all Korean  
7 nationals; eligible citizens are covered either through community- or employee-based plan. The health care  
8 utilization DB, one of the main DB run by the Service, was used in the present study. The DB holds a vast amount  
9 (over 1.5 trillion cases) of inpatient and outpatient data, including diagnosis, length of inpatient admission, type  
10 of treatment, and prescription records.

11 **Study Cohort.** The following criteria were used in search query for extracting benign paroxysmal positional  
12 vertigo (BPPV) individuals from the DB; those who 1) had been diagnosed with KCD (Korean Standard  
13 Classification of Diseases) Diagnosis Code 'H811', and 2) had undergone canalith repositioning procedure (CRP,  
14 prescription code 'MX035'). Atopic dermatitis (AD) individuals were defined as those who 1) had been diagnosed  
15 *at least* twice with KCD Diagnosis code 'L20' with any two consecutive visits separated by at least 6 months, and  
16 2) had been prescribed topical calcineurin inhibitors (TCI)-tacrolimus (Protopic<sup>®</sup>) 0.03% 10g/0.1% 30g, or  
17 pimecrolimus (Elidel<sup>®</sup>) 1% 30g-on the day of diagnosis. Vitiligo individuals were defined as those who 1) had  
18 been diagnosed with KCD Diagnosis Code 'L80', and 2) had been prescribed topical calcineurin inhibitors, topical  
19 corticosteroids-methylprednisolone aceponate 1mg/g (Advantan<sup>®</sup>) 10g, prednicarbate 0.025% (Dermatop<sup>®</sup>) 10mg,  
20 *etc.*-or topical calcipotriol 50µg/mL (Daivonex<sup>®</sup>).

21 **Statistical analysis.** A summary of demographic and baseline characteristics was constructed using descriptive  
22 analysis: quantitative variables were represented by the mean, maximum, minimum and standard deviation (S.D),  
23 while qualitative variables were described by the frequency and proportions (%). Potential associations of BPPV  
24 to atopic dermatitis and vitiligo were analysed by  $\chi^2$  tests. Potential disease associations, by sex (male and female),  
25 age ( $\leq 60$ ,  $>60$ ), age ( $\leq 65$ ,  $>65$ ), income deciles (0~4, 5~7 and 8~10) and severity grade (normal, moderate and  
26 severe), were analysed by  $\chi^2$  tests. The data analysis was performed by a medical statistician. All statistical  
27 analyses were performed using SAS Enterprise Guide 6.1 M1 (SAS Institute Inc., Cary, NC, USA) and IBM SPSS  
28 software package for Windows (version 19.0, Chicago, IL). All tests were 2-sided and *p*-values less than 0.05  
29 were ruled statistically significant.

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5  
6 **Author contributions.** J.K., D.K., and H.H. designed and conducted the study. H.H. produced the manuscript.  
7 S.K. and J.K. carried out calculations and statistics. All authors read and approved the final manuscript.  
8 H.H. and S.K. contributed equally.  
9 D.K. and J.K. contributed equally.

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11 **Competing interests.** The authors declare no competing interests.

12

13 **Data availability.** The datasets presented in the current study are available from the corresponding  
14 authors upon request.

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8 **Tables**

Variable		<i>n</i>	%
Total patients		1,113,656	100.0
Sex	Male	558,186	50.12
	Female	555,470	49.88
Age distribution (years)	0	108,614	9.75
	1~4	52,082	4.68
	5~9	74,637	6.70
	10~14	70,962	6.37
	15~19	70,135	6.30
	20~24	84,128	7.55
	25~29	85,303	7.66
	30~34	97,177	8.73
	35~39	88,505	7.95
	40~44	93,776	8.42
	45~49	72,811	6.54
	50~54	53,333	4.79
	55~59	43,015	3.86
	60~64	42,753	3.84
	65~69	31,891	2.86
	70~74	20,939	1.88
	75~79	12,850	1.15
80~84	7,063	0.63	
85+	3,682	0.33	

Age group (years)	≤65	1,037,231	93.14
	>65	76,425	6.86
Income deciles	0	28,332	2.54
	1	63,625	5.71
	2	65,585	5.89
	3	77,713	6.98
	4	91,386	8.21
	5	105,376	9.46
	6	119,392	10.72
	7	131,489	11.81
	8	142,484	12.79
	9	145,778	13.09
	10	142,496	12.80
Income Ranges	0~4	326,641	29.33
	5~7	356,257	31.99
	8~10	430,758	38.68
Disability Grade	Normal (Grade 0)	1,087,242	97.63
	Moderate (Grade 1~2)	8,943	0.80
	Severe (Grade 3~6)	17,471	1.57
BPPV	No	1,105,918	99.31
	Yes	7,738	0.69
AD	No	1,105,616	99.28
	Yes	8,040	0.72
Vitiligo	No	1,112,385	99.89
	Yes	1,271	0.11

**TABLE 1.** Baseline characteristics. *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo.

1  
2

Variable		BPPV, n (%)		p-value
		No	Yes	
AD	No	1,097,917 (99.28)	7,699 (99.50)	0.023*
	Yes	8,001 (0.72)	39 (0.50)	

Vitiligo	No	1,104,658 (99.89)	7,727 (99.86)	0.464
	Yes	1,260 (0.11)	11 (0.14)	

**TABLE 2.** Relationship between BPPV and atopic and vitiligo. *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo. \*statistically significant for  $p < 0.05$ .

Sex	Variable		BPPV, <i>n</i> (%)		<i>p</i> -value
			No	Yes	
Male	AD	No	552,247 (99.34)	2,284 (99.61)	0.119
		Yes	3,646 (0.66)	9 (0.39)	
	vitiligo	No	555,361 (99.90)	2,291 (99.91)	0.896
		Yes	532(0.10)	2(0.09)	
Female	AD	No	545,670 (99.21)	5,415 (99.45)	0.045*
		Yes	4,355 (0.79)	30 (0.55)	
	Vitiligo	No	549,297 (99.87)	5,436 (99.83)	0.507
		Yes	728 (0.13)	9 (0.17)	

**TABLE 3.** Relationship between BPPV and AD and vitiligo by sex. *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo. \*statistically significant for  $p < 0.05$ .

Age group	Variable		BPPV, <i>n</i> (%)		<i>p</i> -value
			No	Yes	
≤65	AD	No	1,022,463 (99.23)	6,848 (99.49)	0.015*
		Yes	7,885 (0.77)	35 (0.51)	
	Vitiligo	No	1,029,167 (99.89)	6,873 (99.85)	0.454
		Yes	1,181 (0.11)	10 (0.15)	
>65	AD	No	75,454 (99.85)	851 (99.53)	0.021*
		Yes	116 (0.15)	4 (0.47)	
	Vitiligo	No	75,491 (99.90)	854 (99.88)	0.911

		Yes	79 (0.10)	1 (0.12)	
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**TABLE 4.** Relationship between BPPV and atopic and vitiligo by age ( $\leq 65$  &  $> 65$ ). *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo. \*statistically significant for  $p < 0.05$ .

Income Brackets	Variable		BPPV, <i>n</i> (%)		<i>p</i> -value
			No	Yes	
0~4 [Lower]	AD	No	322,809 (99.48)	2,116 (99.39)	0.585
		Yes	1,703 (0.52)	13 (0.61)	
	Vitiligo	No	324,223 (99.91)	2,123 (99.72)	0.003*
		Yes	289 (0.09)	6 (0.28)	
5~7 [Middle]	AD	No	351,513 (99.26)	2,130 (99.58)	0.089
		Yes	2,605 (0.74)	9 (0.42)	
	Vitiligo	No	353,754 (99.90)	2,138 (99.95)	0.419
		Yes	364 (0.10)	1 (0.05)	
8~10 [Upper]	AD	No	423,595 (99.14)	3,453 (99.51)	0.017*
		Yes	3,693 (0.86)	17 (0.49)	
	Vitiligo	No	426,681 (99.86)	3,466 (99.88)	0.676
		Yes	607 (0.14)	4 (0.12)	

**TABLE 5.** Relationship between BPPV and atopic and vitiligo by income tiers. *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo. \*statistically significant for  $p < 0.05$ .

Grade	Variable		BPPV, <i>n</i> (%)		<i>p</i> -value
			No	Yes	
Normal	AD	No	1,071,769 (99.27)	7,503 (99.48)	0.027*
		Yes	7,931 (0.73)	39 (0.52)	
	Vitiligo	No	1,078,459 (99.89)	7,531 (99.85)	0.430
		Yes	1,241 (0.11)	11 (0.15)	

Moderate	AD	No	8,876 (99.74)	44 (100.0)	0.736
		Yes	23 (0.26)	0 (0.0)	
	Vitiligo	No	8,897 (99.98)	44 (100.0)	0.921
		Yes	2 (0.02)	0 (0.0)	
Severe	AD	No	17,272 (99.73)	152 (100.0)	0.521
		Yes	47 (0.27)	0 (0.0)	
	Vitiligo	No	17,302 (99.90)	152 (100.0)	0.699
		Yes	17 (0.10)	0 (0.0)	

**TABLE 6.** Relationship between BPPV and atopic dermatitis/vitiligo by disability. *Abbreviations:* AD, atopic dermatitis; BPPV, benign paroxysmal positional vertigo. \*statistically significant for  $p < 0.05$ .

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