

■ DERMATO-VENEREOLOGICAL QUIZ

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Figure 1

Question 1

A 35-year-old lady presented with these sometimes painful papules on her upper back and arms. The lesions slowly increased in number.

1. Give some examples of skin growths that might be painful.
2. An excisional skin biopsy was done on one of those lesions. Haphazardly arranged smooth muscles fibers were found with poorly defined margin. What is the diagnosis?
3. How many kinds of skin smooth muscle tumours are there?



Figure 2

Question 2

A 7-year-old boy presented with fever and a generalized erythematous rash with pustules. Some pustules broke down to become erosions and peripheral scaling. His scalp was involved but there was no nail change. No medication was taken prior to the skin eruption. Neutrophilia was found on blood count. The pustules were sterile on culture.

1. What is the most probable clinical diagnosis?
2. Name three more conditions causing a pustular eruption in childhood.
3. What is your management?

(answers on page 51)

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Answer (Question 1)

1. Examples of painful skin growths are: Cutaneous endometriosis, Osteoma cutis, Blue rubber bleb nevus, Eccrine spiradenoma, Neurilemmoma, Neuroma, Glomus tumour, Angiolipoma, Leiomyoma (Mnemonic: C/O BENGAL).
2. Pilar leiomyomas.
3. Three types of leiomyomas are recognized. They are: pilar leiomyomas, either solitary or multiple, deriving from arrectores pilorum muscles; angioleiomyomas from vascular smooth muscles; dartolic leiomyomas from genitalia, areola and nipple dartos muscles. Pilar leiomyomas present as red-brown skin papules from a few millimeters to a centimeter in size. The predilected sites are extensor surfaces of limbs, trunk, face and neck. Characteristically they are painful especially to touch or cold.

Answer (Question 2)

1. Generalized pustular psoriasis.
2. Infections: bacterial, fungal, scabies; toxic pustuloderma; infantile acropustulosis.
3. Bed rest with ample emollient and watch out for secondary infections. Maintain good calorie and fluid intake, monitor electrolyte balance. Topical corticosteroids are prescribed. Oral antihistamine is given to relieve the itchiness. Most patients will response to this conservative treatment. However, extremely severe cases may need systemic agents like acitretin, cyclosporin or methotrexate.