PART ONE

Diseases
ACANTHOSIS NIGRICANS

ALTERNATE DISEASE NAME
■ None

HISTORY
■ Gradual onset of asymptomatic areas of darkening & thickening of the skin
■ History or family history of diabetes mellitus and/or insulin resistance, often in overweight pts
■ Associated w/ endocrinopathies, such as hyperandrogenemia, or an autoimmune disease such as systemic lupus erythematosus, scleroderma, Sjögren syndrome or Hashimoto thyroiditis
■ More common in people w/ darker skin pigmentation
■ Rapidly evolving subset in adults associated w/ internal malignancy, particularly of the GI tract, where skin changes precede the malignancy diagnosis in 1/3 of cases

PHYSICAL EXAMINATION
■ Symmetrical, hyperpigmented, velvety plaques, occurring in intertriginous areas, such as axillae & groin, on the nipples & on the neck
■ Vulva is most commonly affected site in females in those who are hyperandrogenic & obese
■ Skin tags in the vicinity of the plaques
■ Physical findings identical for both the malignant & benign forms

DIFFERENTIAL DIAGNOSIS
■ Becker nevus
■ Confluent & reticulated papillomatosis of Gougerot & Cartaud
■ Dowling-Degos disease
■ Seborrheic keratosis
■ Ichthyosis hystrix
■ Linear epidermal nevus
■ Parapsoriasis en plaque
■ Pemphigus vegetans
■ Pellagra

LABORATORY WORK-UP
■ In adult-onset type, perform basic workup for underlying malignancy
**Acanthosis Nigricans**

- In early-onset disease, particularly in obese pts, obtain serum insulin level & hemoglobin A1C

**MANAGEMENT**
- Weight reduction in obese pts
- Treat underlying malignancy, if present

**SPECIFIC THERAPY**
- None

**CAVEATS AND PITFALLS**
- Advise that pt is at risk for diabetes, even if there is no evidence at present.

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**ACNE KELOIDALIS**

**ALTERNATE DISEASE NAME**
- Acne keloidalis nuchae
- Folliculitis keloidalis
- Folliculitis keloidalis nuchae
- Acne keloid

**HISTORY**
- Occurs mainly in men of African descent, after puberty & before age 50
- Begins as chronic folliculitis of posterior neck & occipital scalp
- May be related to close shaving of hair and/or irritation from clothing

**PHYSICAL EXAMINATION**
- Firm, dome-shaped, follicular papules on nape of neck and/or on occipital scalp
- Papules coalesce into sclerotic plaques
- Scarring alopecia & subcutaneous abscesses w/ draining sinuses later in the course

**DIFFERENTIAL DIAGNOSIS**
- Folliculitis
- Acne vulgaris
- Perifolliculitis capitis
- Nevus sebaceous
Acne Keloidalis

- Keloid
- Pediculosis capitis
- Squamous cell carcinoma
- Basal cell carcinoma

**LABORATORY WORK-UP**
- Skin biopsy if there is doubt of the diagnosis
- Culture for bacterial pathogens if there are pustules

**MANAGEMENT**
- Avoid potential trauma to neck & posterior scalp area, such as close-cropped hairstyles, tight-fitting hats
- Surgical excision
- Destruction by laser or liquid nitrogen cryotherapy
- Intrallesional corticosteroids
- Systemic antibiotics for secondary bacterial infection or as anti-inflammatory agent

**SPECIFIC THERAPY**
- Tetracycline 500 mg PO BID; alternative is doxycycline 100 mg PO BID
- CO₂ laser vaporization followed by intrallesional triamcinolone (5–10 mg/mL) or imiquimod 5% cream applied daily for 6–8 wks
- Triamcinolone (5–10 mg/mL) intrallesional after softening the site w/ light liquid nitrogen cryotherapy
- Punch excision of individual papules
- Horizontal elliptical excision w/ or w/out primary closure

**CAVEATS AND PITFALLS**
- Once scarring has occurred, the skin does not return to normal.

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**ACNE VULGARIS**

**ALTERNATE DISEASE NAME**
- Acne varus

**HISTORY**
- Peak incidence at puberty but may begin in first decade
- Women often have sustained activity until late 30’s
- Severity may have genetic component
- Flares may occur in times of stress
Acne Vulgaris

**PHYSICAL EXAMINATION**
- Lesions in areas w/ abundant sebaceous follicles: face, back, upper chest wall
- Closed comedos (whitehead) & open comedos (blackhead)
- Inflammatory papules, pustules, nodules & cysts
- Draining sinuses
- Postinflammatory scars
- Hormonal component: flares w/ menses

**DIFFERENTIAL DIAGNOSIS**
- Acne aestivalis
- Rosacea
- Perioral dermatitis
- Folliculitis
- Acne medicamentosa
- Occupational acne
- Tropical acne
- Acne cosmetica
- Syndrome of Favre-Racouchot
- Flat warts
- Trichostasis spinulosa

**LABORATORY WORK-UP**
- None

**MANAGEMENT**
- Systemic antibiotics
- Topical antibiotics
- Topical retinoids
- Azelaic acid
- Isotretinoin
- Hormonal therapy
- Acne surgery

**SPECIFIC THERAPY**
- Tetracycline 250–500 mg PO BID
- Doxycycline 100 mg PO QD-BID
- Minocycline 50–100 mg PO BID
- Erythromycin 250–500 mg PO BID
- Topical 1% clindamycin solution, cream, gel or lotion applied BID; use w/ benzoyl peroxide to minimize drug resistance
Acne Vulgaris

- Topical 2% erythromycin solution, cream, lotion or gel applied BID; use w/ benzoyl peroxide to minimize drug resistance
- Benzoyl peroxide 5–10% gel or cream applied BID
- Tretinoin 0.025% cream applied HS; alternative is adapalene 0.1% gel applied HS
- Isotretinoin 1 mg/kg per day PO for 5 months; advise about strict contraception in women
- Spironolactone 100–200 mg PO per day in women only
- Oral contraceptives, particularly Desogen™ or Ortho Tri-Cyclen™
- Acne surgery, including comedo expression; incision & drainage of fluctuant cysts & abscesses; chemical peel; microdermabrasion; intralesional triamcinolone 2–4 mg/mL

CAVEATS AND PITFALLS
- Use isotretinoin only in severe scarring acne, unresponsive to other measures.
- Erythromycin has high incidence of early drug resistance.
- Doxycycline may produce sun sensitivity.
- Spironolactone may produce menstrual irregularity.
- Benzoyl peroxide may cause bleaching of clothes.

ACROANGIODERMATITIS

ALTERNATE DISEASE NAME
- Pseudo-Kaposi’s sarcoma
- Mali disease

HISTORY
- Longstanding history of venous stasis (w/ bilateral involvement), arteriovenous shunt for hemodialysis, or arteriovenous malformation (w/ unilateral involvement)

PHYSICAL EXAMINATION
- Confluent, violaceous or brown-black papules & plaques over distal legs
- Occasional erosions, ulcerations and/or bleeding
Acroangiodermatitis  Acrochordon

DIFFERENTIAL DIAGNOSIS
■ Kaposi’s sarcoma
■ Stasis dermatitis
■ Contact dermatitis
■ Lichen planus
■ Lupus erythematosus
■ Benign pigmented purpura
■ Cutaneous vasculitis

LABORATORY WORK-UP
■ Skin biopsy for routine light microscopy to rule out Kaposi’s sarcoma
■ Plethysmography, Doppler ultrasonography & oscillography to assess venous flow & to detect vascular malformations

MANAGEMENT
■ Compression therapy
■ Correct underlying venous disease

SPECIFIC THERAPY
■ Unna boots
■ Sequential compression device, 30–40 mm, applied 30–45 minutes per day
■ Surgical excision of shunts if there is arteriovenous malformation

CAVEATS AND PITFALLS
■ Goal of therapy is to reduce edema.

ACROCHORDON

ALTERNATE DISEASE NAME
■ Skin tag
■ Soft wart
■ Fibroepithelial polyp

HISTORY
■ Slow-growing asymptomatic lesions, most frequently on neck & axillae
■ More common in obese pts
■ May be associated w/ acanthosis nigricans
Acrochordon  Acrodermatitis Enteropathica

**PHYSICAL EXAMINATION**
- Round, soft, pedunculated papules, which are either flesh-colored or hyperpigmented
- May be tender or bleed when traumatized

**DIFFERENTIAL DIAGNOSIS**
- Wart
- Neurofibroma
- Seborrheic keratosis
- Melanocytic nevus
- Melanoma
- Fibroepithelioma of Pinkus
- Pseudosarcomatous polyp

**LABORATORY WORK-UP**
- None

**MANAGEMENT**
- Surgical removal

**SPECIFIC THERAPY**
- Scissors excision; use local anesthesia for broad-based lesions
- Liquid nitrogen cryotherapy; advise about post-procedure hypopigmentation
- Destruction by electrodesiccation; advise about possible scarring
  - Dichloroacetic acid applied sparingly; advise about burning sensation after application

**CAVEATS AND PITFALLS**
- Removal for cosmetic reasons only.

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**ACRODERMATITIS ENTEROPATHICA**

**ALTERNATE DISEASE NAME**
- Zinc deficiency syndrome
- Zinc depletion syndrome
- Transient symptomatic zinc deficiency
- Self-limiting acrodermatitis enteropathica
- Danbolt-Closs syndrome
**Acrodermatitis Enteropathica**  
**Acrokeratoelastoidosis**

### History
- Symptoms occur within the first few months after birth, often shortly after discontinuation of breast-feeding.
- Development of marked irritability, variable diarrhea & nonspecific dermatitis.

### Physical Examination
- Presents as red patches and/or scaly plaques.
- Evolution into crusted, vesiculobullous, erosive & pustular plaques.
- Periorificial & acral distribution on face, scalp, hands, feet & anogenital areas.
- Alopecia of scalp & eyebrows.

### Differential Diagnosis
- Seborrheic dermatitis.
- Atopic dermatitis.
- Biotin & multiple decarboxylase deficiencies.
- Essential fatty acid deficiencies.
- Langerhans cell histiocytosis.
- Mucocutaneous candidiasis.
- Glucagonoma syndrome.
- Cystic fibrosis.

### Laboratory Work-up
- Plasma or serum zinc level.

### Management
- Zinc supplementation.

### Specific Therapy
- Elemental zinc 50 mg PO per day.

### Caveats and Pitfalls
- May develop secondary bacterial or candidal skin infection.
- Lifetime zinc therapy needed.

### Acrokeratoelastoidosis

#### Alternate Disease Name
- Acrokeratoelastoidosis marginalis.
Acrokeratoelastoidosis

- Acrokeratoelastoidosis of Costa
- Acrokeratoderma hereditarium punctatum
- Hereditary papulotranslucent acrokeratoderma

**HISTORY**
- Gradual onset of small papules over margins of hands & feet, usually after puberty
- Remains stable once fully developed

**PHYSICAL EXAMINATION**
- Keratotic translucent papules that arise on margins of hands & feet, in a linear distribution

**DIFFERENTIAL DIAGNOSIS**
- Keratoelastoidosis marginalis
- Focal acral hyperkeratosis
- Flat warts
- Acrokeratosis verruciformis of Hopf

**LABORATORY WORK-UP**
- None

**MANAGEMENT**
- No effective therapy

**SPECIFIC THERAPY**
- None

**CAVEATS AND PITFALLS**
- None

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ACROPUSTULOSIS OF INFANCY

**ALTERNATE DISEASE NAME**
- Infantile acropustulosis

**HISTORY**
- Occurs most often in black infants
- Onset between birth & 2 years
- Individual episodes last 7–15 days & recur at 2- to 4-week intervals
- Spontaneous permanent remission by 2–3 years of age