Common Cutaneous Signs of Medical Illnesses

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MOUNT ALVERNIA MEDICAL CENTRE D, #07-61

Rashes not to miss – underlying systemic disease

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Cutaneous necrosis secondary to Calciphylaxis

Elevated serum calcium levels

Parathyroidism

Cutaneous manifestations of some medical disease

1. Pruritus

2. Skin manifestations:

Endocrine diseases

Renal diseases

Liver diseases

Gastrointestinal diseases

Pancreatic diseases

Pulmonary diseases

Autoimmune diseases

3. Cancer

Candida Balanitis

Diabetic Dermopathy

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Other Skin Signs in Diabetes

Candida balanitis

Acanthosis nigricans

Diabetic dermopathy

Necrobiosis lipoidica

Bullous diabeticorum

Scleredema diabeticorum

Eruptive xanthomas

Necrobiosis Lipoidica Bullous Diabeticorum

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Scleredema Diabeticorum

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Eruptive Xanthomas

Pretibial Myxedema

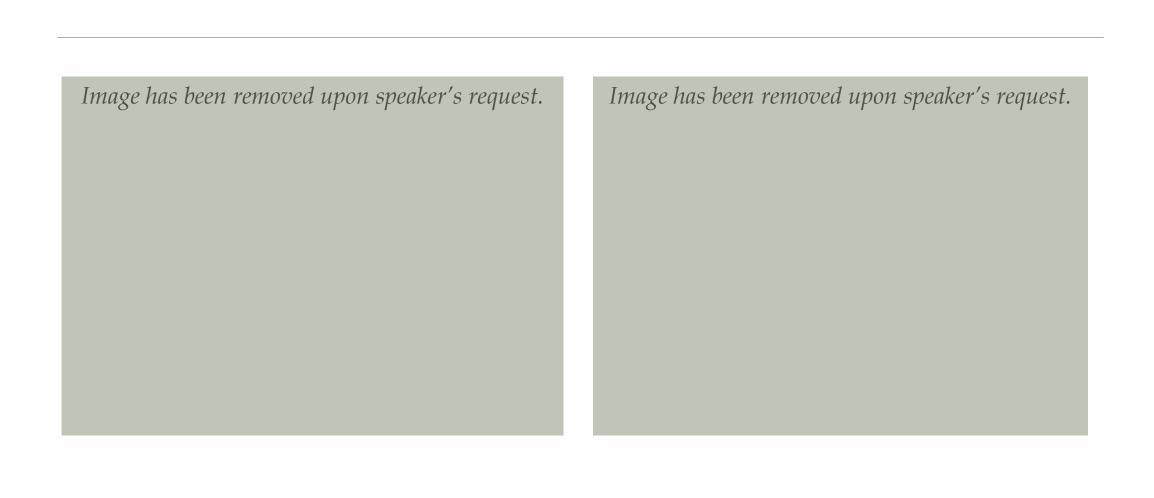
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Hyperthyroidism

Pruritus

Hyperhidrosis

Pretibial myxoedema



Addison's Disease

Caused by the stimulant effect of excess adrenocorticotrophic hormone (ACTH) on the melanocytes to produce melanin.

High levels of circulating ACTH bind to the melanocortin 1 receptor on the surface of dermal melanocytes.

Adrenal Diseases

Addison's disease

Cushing's disease

Cushing's Disease

Striae

Bruising

Acne

Hirsutism

Striae Acne

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Gastrointestinal Diseases

1. Inflammatory bowel diseases

2. Gastrointestinal Bleeding

3. Gastrointestinal Polyposis

Ulcerative Colitis and Crohn's disease

Pyoderma Gangrenosum

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Erythema Nodusum

Crohn's disease

Oral Granulomatosis

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Perianal Crohn's

Gastrointestinal Bleeding

Hereditary hemorrhagic telangiectasia

Blue rubber bleb nevus syndrome

Henoch Schonlein purpura

Degos' disease

Pseudoxanthoma elasticum

Hereditary Haemorrhagic Telangiectasia

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Hereditary Haemorrhagic Telangiectasia

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Increase in telangiectasia in the skin

AVMs

May be present in liver, brain and lungs and other organs

In the GI tract, associated with bleeding

Blue Rubber Bleb Nevus Syndrome

Blue Rubber Bleb Nevus Syndrome

Multiple Cutaneous and GI

venous malformations

Soft compressible cutaneous

nodules

Small intestines venous mal-

formations

Muir-Torre Syndrome

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Keratoacanthoma

Autosomal Dominant

Keratoacanthoma and sebaceous tumours

Individuals are prone to develop cancers of the colon, breast, and genitourinary tract

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Sebaceous Adenoma

Gastrointestinal Polyposis

Gardner's syndrome

Cowden's syndrome

Peutz Jegher Syndrome

Muir Torre Syndrome

Epid

Gardner's Syndrome

Variant of familial polyposis coli

AD disease

GI polyps, multiple osteomas, and skin and soft tissue tumors.

Cutaneous findings include epidermoid cysts, desmoid tumors, and other benign tumors

Lipoma, fibromas, leiomyomas, osteomas

Peutz Jegher syndrome

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Peutz Jegher's Syndrome

Autosomal dominant

Characterized by intestinal hamartomatous polyps

Distinct pattern of skin and mucosal macular melanin deposition.

15-fold increased risk of developing intestinal cancer

Liver Disease

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Hepatitis C infection

Necrolytic acral erythema

Cryoglobulinaemic purpura

Porphyria cutanea tarda

Lichen planus

Lichen Planus

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Cutaneous Manifestations of Renal Failure

a. Pruritus

b. Perforating dermatoses

c. Calciphylaxis

Perforating dermatoses (umbilicated papules and nodules)

Calciphalaxis – cutaneous necrosis

Pulmonary Diseases

Cutaneous Sarcoidosis

Yellow nail syndrome

Sarcoidosis

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Yellow nail syndrome

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Rashes not to be missed – Autoimmune diseases

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Subacute Cutaneous Lupus Erythematosus

Autoimmune diseases

Lupus erythematosus

Dermatomyositis

Progressive systemic sclerosis

Rheumatoid arthritis

Lupus Erythematosus

2 types of skin manifestations:

a. Cutaneous lupus

b. Skin manifestations not specific to lupus erythematosus

The Spectrum of Cutaneous Lupus

Discoid lupus

Subacute cutaneous LE

SLE

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Erythematous plaques with adherent scales

Livedo racemosa secondary to antiphospholipid syndrome

Progressive Systemic Sclerosis

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Rheumatoid arthritis

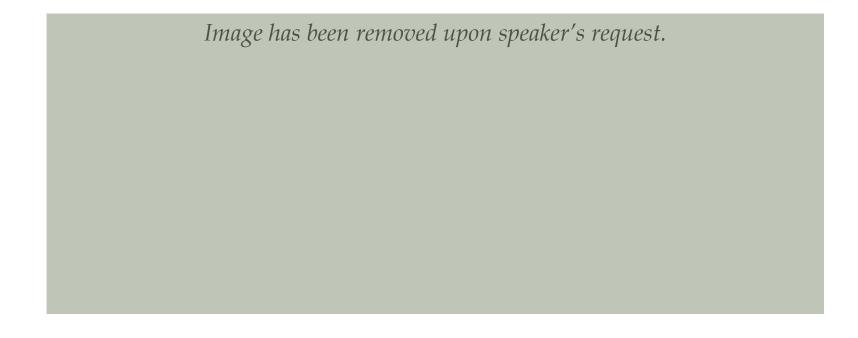
Pyoderma gangrenosum

Cutaneous vasculitis

Rheumatoid nodules

Cutaneous Vasculitis

Rheumatoid nodules



Rashes not be missed – malignancy

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Mycosis Fungoides

Cancer

Metastasis

Paraneoplastic

Cancer metastasis can be nodular

Cancer metastasis - Plaque

Cancer metastasis - erysipelas like

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Leukaemia Cutis

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Paraneoplastic

Malignant Acanthosis nigricans

Malignant ichthyosis (Ichthyosis acquisita)

Dermatomyositis

Malignant acanthosis nigricans

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Tripe Palm

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Most common underlying cancer is tumour of the gut

Especially stomach cancer

Acquired Ichthyosis

Dermatomyositis

Heliotrope rash

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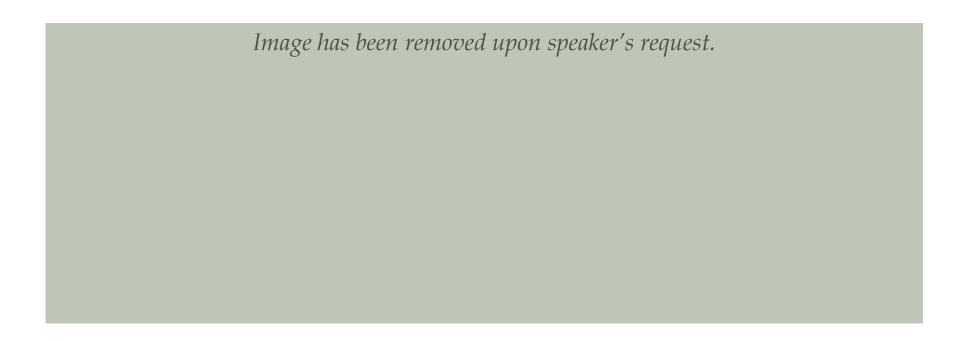
Shawl Sign

Flagellate erythema

Holster sign

Praying Sign

Mechanic's Hands



Mechanic's Feet

Gottron's papules Peri-ungual erythem

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Dermatomyositis – 40% malignancy risks

Paraneoplastic conditions

Neutrophilic dermatoses

: Sweets syndrome

: Pyoderma gangrenosum

Necrolytic migratory erythema

Erythema gyratum repens

Neutrophilic Dermatosis

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Pyoderma Gangrenosum

Sweet's Syndrome

Erythema Gyratum Repens

Case Presentation

59/C/lady

History of chronic rhinosinusitis and nasal polyposis

Rashes on right neck, slightly itchy and painful Spread to R ear, associated with ear pain

→ Ascending lymphangitis

History – ENT review

Nasoscopy: Mucopus ++ anterior and posterior nasal spaces

Tender right cervical LN

→ Sinusitis with OME vs Otomastoiditis with cellulitis

Augmentin 14 days

Pain improved but rashes were persistent, burning sensation on R ear

Progress ...

2 weeks later: persistent scaly erythematous patches on R neck, ear

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Over the next 1 month ...

- New rashes on dorsum of hands
- Progressed to elbows, buttocks
- Itch on eyelids, no obvious erythema noted
- Fatigue, exertional dyspnoea, dysphagia, proximal myopathy, LOA/LOW, early morning joint stiffness

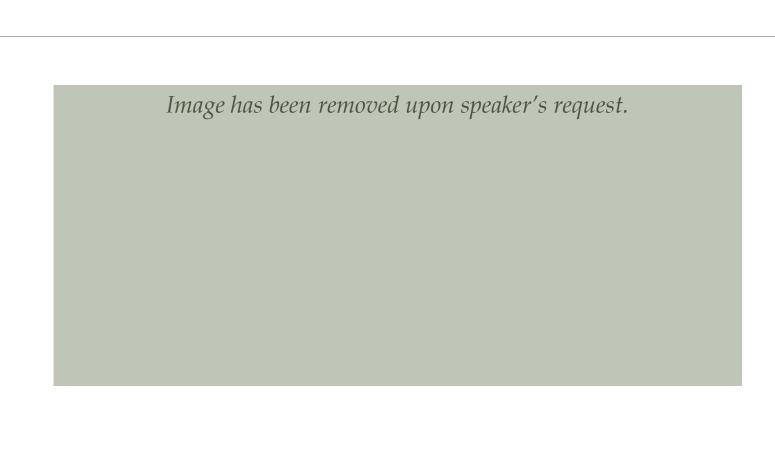
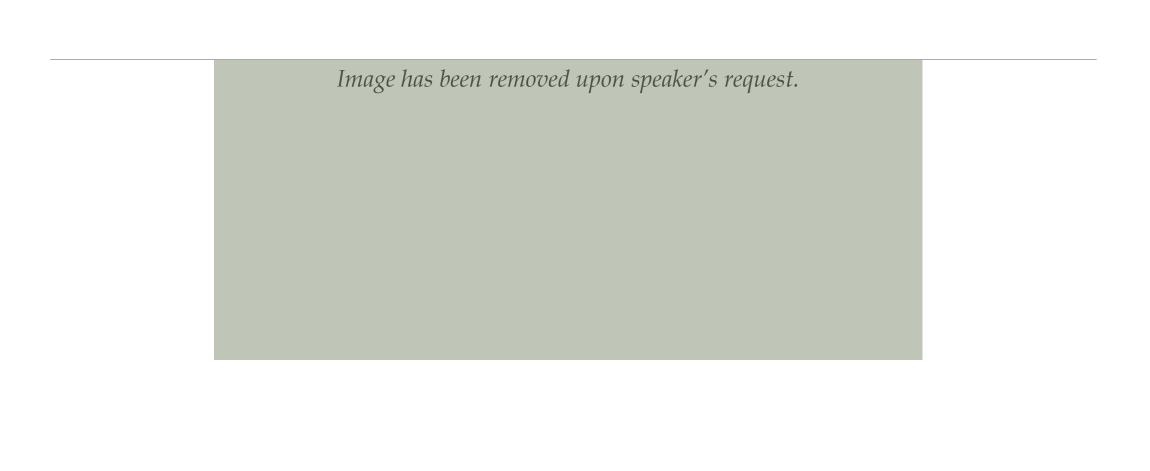
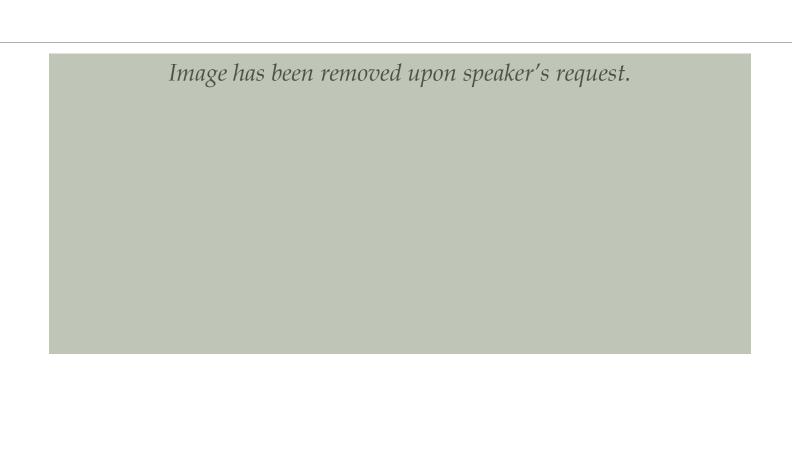


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Dermatomyositis with rapidly progressive ILD

Summary

The skin can give us many clues to underlying medical illness

Awareness and astute observation and recognition of these signs can help in the early detection and diagnosis

Rashes not be missed: autoimmune disease and underlying malignancies
• requires an high index of suspicion

Thank You

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