



DERMATOPATHOLOGY

ACRAL SYRINGOMAS

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Background: Syringomas are benign adnexal tumours, thought to arise from intraepidermal eccrine ducts. They present as multiple small, brown, red or yellow monomorphic papules. They are cosmetically concerning to many patients and can be a diagnostic challenge when they present at atypical sites. There are only two previous reported cases of syringomas exclusively affecting the hands.

Observation: A 36 year old housewife presented with a 6 year history of a fixed rash over the dorsal aspect of the hands. The rash was not symptomatic. She denied any relation to sun exposure and no other part of her body was affected. The patient was otherwise well and took no regular medications. Examination revealed multiple, small, grouped, monomorphic 2-3mm papules over the dorsal aspects of both hands. The lesions were brown in colour. A punch biopsy showed a dermal tumour composed of bland cells forming cystic duct-like structures with strand. The ducts had a double layer of cuboidal cells, suggesting eccrine structures, and some had 'tad-pole' like configuration. A diagnosis of acral syringomas was made. The patient did not respond to topical adapalene gel and was referred for cosmetic camouflage.

Key message: Acral syringomas are a rare cause of monomorphic papules affecting the dorsal hands.

There have been only three reported cases (including this one) of syringomas exclusively affecting the hands.

