



DERMATOPATHOLOGY

HAND FOOT MOUTH DISEASE IN ADULTS: THE IMPORTANCE OF CLINICOPATHOLOGICAL CORRELATION AND DIFFERENTIAL DIAGNOSIS.

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Background: Hand foot Mouth disease (HFMD) is a highly contagious viral infection that usually affects infants and children less than 5 years old. It is commonly caused by Enterovirus 71 and Coxsackievirus A16. Adults are rarely affected, however there has been increasing reports of HFMD in adults in recent literature. Although it is mostly self limiting, some may result in severe form of symptoms and complications with widespread cutaneous eruptions and fevers.

Observation: We describe the clinical and histopathological features of three cases of HFMD in adults that were presented in our institution (Westmead Hospital, Sydney Australia) within a period of 10 days. Two of these patients had a recent contact with children with HFMD. The diagnosis was confirmed with skin biopsies (H&E and IF) and positive serology with Enterovirus detected on PCR. Based on clinical grounds, several conditions such as vasculitis, autoimmune bullous disease, drug eruption were considered as differential diagnosis. The histological differential diagnosis include erythema multiforme.

Key message: Although it is quite uncommon, it is important to consider HFMD as differential diagnosis in adults who presents with acute cutaneous vesicular eruption especially around hands and feet. A skin biopsy may be required for an accurate diagnosis in order to achieve proper management and avoid unnecessary treatment for the patient. The diagnosis can be achieved with clinicopathological correlation and confirmation with viral serology.

