



GENETICS AND GENODERMATOSES

AINHUM DISEASE: A CASE REPORT

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Background: Ainhum disease (Dactilolysis spontanea) is characterized by painful fibrous constriction around a toe which usually occurs bilaterally on the fifth toe. We report here a typical case of Ainhum disease with clinical, radiographic and histopathologic features because of its rarity in dermatological literature.

Observation: A 50-year-old male patient presented with severe pain and swelling in the right fifth toe. The patient has worked as a police officer for many years and has been working as a taxi driver in recent years. On dermatologic examination, there was a fibrous band forming a soft tissue contraction at the level of the right foot fifth toe's proximal interphalangeal joint. A painful, edematous appearance was observed at the distal part of the joint. Radiographic examination revealed an amputation appearance at the level of the distal interphalangeal joint of the fifth toe. The patient was evaluated as stage 3-4 Ainhum disease and his right foot's fifth toe was surgically removed by the orthopedic surgeon. Histopathologic examination of the amputation material confirmed the diagnosis.

Key Message: Ainhum disease is rarely reported in Asia and Europe. This is the first case report, to our knowledge, of Ainhum disease to be reported in the Turkish literature. The disease is usually seen in men aged 20-50 years. Our case was consistent with the literature as gender and age. The disease may also progress to deeper tissues, leading to gradual spontaneous amputation as in our case. The patient's complaints appeared after working as a taxi driver. For this reason, occupational trauma, unfavorable contact of the right foot with the gas pedal may have played a role in the development of the disease. In the early stages, nonoperative treatment is sufficient, but surgical amputation may be necessary in the advanced stage (Stage 3,4) as in our case.

