



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

## ADULT ONSET PROGRESSIVE SYMMETRIC ERYTHROKERATODERMA

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**Background:** Progressive symmetric erythrokeratoderma (PSEK) is a rare genodermatoses usually having an autosomal dominant mode of inheritance but other modes such as autosomal recessive have also been reported. Patients usually present with symmetrical erythematous scaly plaques over the extremities and the trunk. We report a case of PSEK in a 46-year-old male patient born of a second-degree consanguineous marriage.

**Observation:** A 46 year old male patient born of a second degree consanguineous (father married his sister's daughter) marriage presented with multiple well defined symmetrical erythematous plaques with tiny white pityriasiform scales and a pigmented to erythematous border were seen over the axillae groins, cubital, popliteal fossae, forearms, arms, legs, thighs, knees and elbows as well as the back and the abdomen since the last 6 months. Palmoplantar hyperkeratosis was seen. Pigmented areas were seen on the plaques over the elbows and knees. Intertrigo was present over the groin crease. Crusting of a few lesions were seen along with a foul odour. There was thickening, subungual hyperkeratosis, distal onycholysis and swelling of the nail folds of the finger and toe nails. Biopsy was taken from the lesion over the right forearm and showed massive hyperkeratosis, acanthosis, intact granular layer, papillomatosis and lymphocytic infiltration in the papillary dermis. Based on the clinical and histological findings a diagnosis of progressive symmetric erythrokeratoderma was made and the patient was re-started on acitretin 20mg per day along with systemic antibiotics, topical keratolytics and emollients.

**Key message:** Even though it is a rare condition, PSEK should be considered as a differential when a patient presents with symmetrical well defined scaly erythematous plaques with a predisposition to the extremities even with an atypical age of presentation and absence of family history.

