



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

CUTANEOUS MANIFESTATIONS OF SARCOIDOSIS AND ITS IMPLICATIONS - A SOUTH INDIAN EXPERIENCE

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Sarcoidosis is a multi system disorder of unknown cause . It can involve almost any organ system, resulting in varied clinical manifestations.

Skin lesions occur in up to one third of patients with systemic sarcoidosis. Recognizing these skin lesions are important because they provide a visible clue to the diagnosis.

Moreover skin is an easily available source for histological examination.

Cutaneous lesions are classified as specific when biopsy reveals a non caseating granuloma and non specific when there are no granuloma.

Specific skin lesions include papules, plaques, lupus pernio, scar sarcoidosis and non specific ones include alopecia, ulcers, hypo pigmented patches, ichthyosis etc.

Maculo papular lesions and subcutaneous nodules are often associated with remission of systemic disease at two years. Lupus pernio and plaques are characteristic of chronic disease.

Most cutaneous lesions of sarcoidosis are only mildly symptomatic and do not require treatment .But chronic lesions like lupus pernio are disfiguring and can cause psychological impact.

Treatment of these lesions are frustrating since they do not respond well to conventional treatments like topical steroids, hydroxychloroquine , doxycycline and systemic steroids .

Even biologics may not have a definitive role in the treatment of cutaneous sarcoidosis .

In this presentation our experience with varied cutaneous presentations of sarcoidosis and its significance will be discussed.

