



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

SARCOIDOSIS AS PLAQUE PSORIASIS- THE GREAT MASQUERADER.

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Background: Sarcoidosis is a multisystem disease that may involve almost every organ of the body. It is also one disease that may mimic almost every other disease, making the diagnosis very difficult sometimes. We encountered one such scenario, where this disease masqueraded as psoriasis, but biopsy clinched the actual diagnosis.

Observation: A middle aged female presented to Dermatology Out Patient Department with chief complaint of scalp scaling since three years. She had been admitted to the medicine department for fever since three years and generalized weakness since 2 weeks. There were no other complaints. Cutaneous examination revealed well defined erythematous papules and plaques of varying sizes with overlying scales that were shiny and dirty white in colour present over occipital area of scalp and nape of neck. Topical steroid-salicylic acid combination was prescribed, keeping in mind diagnosis of psoriasis and biopsy was sent. By next follow up, there was no response and biopsy report was suggestive of sarcoidosis. Her fever and generalized weakness were also explained by her chest x ray that was also suggestive of sarcoidosis. Overall condition of the patient responded to oral steroids.

Key message: Sarcoidosis is a great mimicker. And for it to be diagnosed, thorough evaluation is a must. The role of biopsy in cutaneous diseases should not be undermined and it should be done wherever possible to arrive at the definite diagnosis as was the case in our patient.

