



NAIL DISORDERS

NAIL DYSTROPHY AND PERIUNGUAL DISCOLORATION IN SARCOIDOSIS

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Background : Sarcoidosis is a multisystem granulomatous disorder that can affect all organs of the body. The disease course can vary from a self-limiting illness to a chronic disease with flares and relapses. Nail changes are rare in sarcoidosis, but can include clubbing, discolouration, dystrophy, subungual hyperkeratosis, splinter haemorrhages and longitudinal ridges. Such changes are frequently an indication of systemic disease, We report a rare case of systemic sarcoidosis presenting as nail dystrophy with painful phalanges and underlying bony cysts.

Observation: A 57 year old moroccan woman, with a 2-year history of periungual red-purplish discoloration associated with nail dystrophy of 4 of his toes, presented to the dermatology department. Examination of his toes showed evidence of red to purple discoloration in the nail folds with associated nail dystrophy and subungual hyperkeratosis. Examination of his entire skin showed a symetric ulcerated dactylitis of 2 fingers. Nail clippings were obtained for mycological examination, with negative results. A Hand and toes X-ray demonstrated bony cysts, trabecular pattern and osteolysis in distal phalanx. CT showed multiples lymphadenopathy above and under diaphragmatic. A punch biopsy taken from the nail bed, the lymphadenopathy and salivary gland showed sarcoid granulomas in the dermis and a chronic inflammatory infiltrate. With all this finding, the diagnosis of systemic sarcoidosis was making, and the patient receive a systemic treatment with corticosteroid: 0.5 mg/kg/day. After 1 week of treatment, the patient had a good response.

Key message: Although nail changes are rare in sarcoidosis, they are often associated with systemic involvement (commonly pulmonary involvement, dactylitis and lymphadenopathy) and underlying bony changes. Thus, in patients presenting with nail involvement, a search for possible systemic involvement should take place, and this should include radiological imaging of hands and feet alongside chest imaging.

