

NAIL DISORDERS

NAILS UNDER THE DERMOSCOPE- A CLOSER LOOK AT THE PAPULOSQUAMOUS DISORDERS!

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BACKGROUND: In the recent times, dermoscope has been used as an irreplaceable clinical tool for rapid in-vivo evaluation of skin, hair and nail disorders as it obviates the need for an invasive diagnostic procedure in cases of diagnostic dilemma.

OBJECTIVE: To determine and correlate various clinical and dermoscopic findings associated with papulosquamous disorders affecting nails.

MATERIALS AND METHODS: A cross-sectional descriptive study was carried out from October 2014 to May 2015. A total of 78 patients were enrolled after written informed consent.

RESULTS: Among the total 78 patients ((45-psoriasis, 19-eczema and 14- lichen planus), males (51/78, 65.3%) out-numbered females (27/78, 34.6%) and the M:F ratio was 1.8:1.

Clinical findings: Psoriasis- pitting (29/45, 64.4%), onycholysis (28/45, 62.2%), longitudinal ridging (25/45, 55.5%), subungual hyperkeratosis (16/45, 35.5%), splinter hemorrhages (9/45, 20%), etc.

Eczema: Beau's lines (19/19, 100%), paronychia (13/19, 68.4%), nail fold (NF) scaling (12/19, 63.1%), NF pigmentation (10/19, 52.6%), longitudinal melanonychia (9/19, 47.3%), cuticular hyperkeratosis (8/19, 42.1%), etc.

Lichen planus: Onychorrhexis (9/14, 64.2%), pterygium (4/14, 28.5%), onychatrophy (4/14, 28.5%), onychoschizia (4/14, 28.5%), longitudinal splitting (3/14, 21.4%), distal splitting (2/14, 14.3%), etc.

Dermoscopic findings: Psoriasis- Circular punctate depressions (29/45, 64.4%), red-orange border (28/45, 62.2%), translucent white lines (25/45, 55.5%), non-ruinous aspect of nail free edge (16/45, 35.5%), jagged edge without spikes (15/45, 33.3%), dilated capillaries (14/45, 31.1%), brown-purple streaks (9/45, 20%), linear edge without spikes (8/45, 17.7%), etc.

Eczema: Transverse brown bands (19/19, 100%), greyish brown colour (9/19, 47.3%), etc.

Lichen planus: Longitudinal fissures (9/14, 64.3%), white dots and streaks (8/14, 57.1%), longitudinal grooves converging to center (4/14, 28.6%), fragmented nail plate (4/14, 28.6%), lamellar splitting (4/14, 28.6%), etc.



CONCLUSION: Onychoscopy makes differential diagnosis among papulosquamous disorders simpler and may aid in prompt diagnosis without the need of a biopsy. However, further larger studies need to be carried out to validate these findings.

