



NAIL DISORDERS

WILSONS DISEASE :: IMPORTANCE OF NAIL EXAMINATION IN CLINICAL PRACTICE LEADING TO DIAGNOSIS

Sneha Arora⁽¹⁾

Dr Sarin Cosmoderma, Dermatology, Dehradun, India⁽¹⁾

BACKGROUND: Wilson disease is a genetic condition characterized by abnormal accumulation of copper in liver, brain and other tissue. It is a rare disorder and may lead to fatal neurologic sequelae. Blue lunulae are rarely seen in clinical practice and causes include Wilson's disease, Mercury poisoning, hepatocellular carcinoma, silver intoxication, HbA and HbH disease

OBSERVATION: A 12 year old male child borne out of non consanguinous marriage presented to the skin OPD with asymptomatic bluish discolouration of proximal part of nails. There was no other complaint. History of hepatitis was there at age of 3 years. The child had a younger female sibling who did not have similar complaint.

On examination blue lunulae were seen on both the thumbs of the patient. Other nails were normal. Pediatric neurologist opinion was taken which did not reveal any abnormality. There was no abnormality in eyes.

Serum copper levels were 10 times that of normal. Other haematologic, liver and kidney parameters were normal.

Following this the serum copper levels were ordered in the younger sibling which were also elevated 5 times that of normal. Both the children were started on Penicillamine 500 mg BD.

KEY MESSAGE: This case is being reported for its rarity, and to highlight the importance of nail examination in diagnosing systemic disorders.

