



PAEDIATRIC DERMATOLOGY

## ADOLESCENT ONSET BULLOUS PEMPHIGOID INDUCED BY MENARCHE – A CASE REPORT

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**Background:** Bullous Pemphigoid [BP] is predominantly seen in adults and rarely in children. Most of the Juvenile BP [JBP] are reported in children less than 5 years of age and responds well to daily cortico steroid. Sex hormone fluctuation in pregnancy, menstruation, menopause, correlates to the incidence of autoimmune disease in females. BP induced by Tibolone (STEAR) has been reported in a postmenopausal women.

**Observation:** A Twelve - year old girl developed multiple blisters 10 days after attaining menarche. She had large tense as well as flaccid bullae, with relative sparing of mucosae. Histology and direct immunofluorescence were compatible with BP, fulfilling the criteria for Juvenile BP clinically, histologically and immunologically. Response to daily steroid was poor, hence she was treated with Methylprednisolone pulse with excellent response.

**Key message:** It is hypothesised that estrogen might have directly stimulated macrophages through ER $\alpha$  and there by augmenting the immune response in the induction of bulloae. Ours seems to be a rare case of JBP triggered by menarche, which possibly played as a triggering factor in induction and progression of disease. Pulse steroid therapy is promising in Adolescent onset BP. Whether this forms a separate entity as adolescent onset BP in girls, is difficult to be elucidated with just one case report.

