



PAEDIATRIC DERMATOLOGY

ASYMMETRIC PERIFLEXURAL EXANTHEM OF CHILDHOOD – A CASE REPORT

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Background: Asymmetric Periflexural Exanthem of Childhood (APEC) is a benign, self-limiting skin eruption. It has a seasonal distribution, with a peak during spring. The etiology is unknown, although a possible causative role of parvovirus B19 has been cited.

Clinically, the eruption is described as a macular-papular scarlatiniform exanthem starting asymmetrically and unilaterally, involving one axillary fold with a diffusion on the thorax. In a second stage, the eruption spreads to contralateral territories.

Observation: Being an atypical skin eruption, we invest this case with an educational value. It is important for the clinicians to diagnose and deliver appropriate care, with fewer unnecessary procedures and better outcomes for patients.

We report the case of an 11 year-old girl presenting with a pruritic papular eruption evolving for a few days prior to the consultation.

Clinical examination revealed numerous red papules (1-3 mm diameter) coalescing into poorly demarcated plaques in a biphasic manner. The eruption started on the right axilla and extended towards the right side of the trunk, spreading to the left side of the body: axilla, trunk and the corresponding arm, also involving the antecubital fold. The patient was afebrile, in a good general health state.

Key message: This atypical exanthem appears to be a reactive, benign, self-limiting disease, a transient condition for which invasive investigations would be unnecessary.

Asymmetric Periflexural Exanthem of Childhood is commonly misdiagnosed in the clinical practice and we believe it is important to take into account this disease when consulting pediatric patients with similar features. Also, it is of great importance an effective dialogue with the parent, because on the one hand online health information can be overwhelming in this era of free access to information, and on the other hand the illness itself can be a source of distress for an already worried parent.

