



PSORIASIS

## DELAYED DIAGNOSIS OF PSORIASIS IN A YOUNG SOUTH INDIAN FEMALE. IS SKIN COLOUR IMPORTANT TO DERMATOLOGY?

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**Background:** A 24-year-old South Indian female attended a community Dermatology clinic. Whilst on holiday in India, her skin had erupted in well-demarcated brown-purplish lesions that spread from her abdomen to cover 85% of her body surface area. Her face and neck were spared. She had recently qualified as a doctor and was suffering comments from patients and colleagues about her skin. A similar rash had occurred one year previously while studying for an examination. At that time, the diagnosis remained elusive as both general practitioners and dermatologists claimed to have never seen such lesions, and the rash self-resolved after a few months.

The community Dermatology team had "never seen such lesions on black skin before". After referral to the local Dermatology department, a biopsy was taken and the lesions were histologically diagnosed as psoriasis; a diagnosis that came two years after the onset of the rash.

**Observation:** Psoriasis is common, with an estimated prevalence of 1.3-2.2% in the United Kingdom (UK). The diagnosis is primarily clinical. 13.5% of the population in England and Wales are from a non-White ethnic background. Anecdotal literature increasingly reports a lack of understanding regarding the clinical presentation of psoriasis in patients with skin of colour. This shortcoming could contribute to delays in diagnosis, and may suggest the need for a lower threshold for diagnostic biopsy in such patients. Paucity of knowledge may partially be attested to the lack of visual representation of skin of colour in mainstream online UK Dermatological resources.

**Key Message:** Dermatological conditions may manifest differently across various skin tones, and more can be done to increase visual representation of this in mainstream Dermatological resources. Improved knowledge of the spectrum of disease presentation may help to ensure that the care of patients with skin of colour is not negatively impacted.

