



PSORIASIS

NAIL CHANGES AS THE INITIAL SIGN OF PSORIASIS

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Background: Psoriasis is a chronic inflammatory disease, which frequently affects the nail. The clinical nail alterations can be various according to different nail structures.

Observation: A 24-year-old male presented with white streaks, deformations, and missing on his nails for 8 months. He was first diagnosed as onychomycosis, and was treated with itraconazole for 4 courses, however, the nails did not get better. Later, he was diagnosed as nail dystrophy treating with Daivonex for 1 month, but there was no obvious improvement. Physical examination revealed salmon patches, distal onycholysis, pittings, splinter haemorrhages and nail plate crumbling on his nails, besides, there was one erythematous scaly plaque on the buttock, anus and scalp respectively with positive Auspitz sign. Fungal microscopic examination and culture were negative. Dermoscopic results showed spotty dilated capillaries in the nail fold. Skin biopsy specimens from the erythematous plaque on the scalp and nail had demonstrated hyperkeratosis and parakeratosis, acanthosis and elongated rete ridges of the epidermis. Based on these findings, the diagnosis of nail psoriasis was made. Oral administration of acitretin capsules (25mg/day) and topical administration of Halcinonide solution and calcipotriene liniment was given for 3 months, the nail symptoms got better. Afraid of the side effect of acitretin, the patient stopped the treatment. After several months, the nail symptom recurred. Etanercept was then used by subcutaneous injection (50mg/KW).

Key message: This case shows nail changes as the initial sign of psoriasis, and the symptom is concentrated on nails except three other positions with little lesions.

