SKIN CANCER (OTHER THAN MELANOMA)

MYCOSIS FUNGOIDES: A CASE REPORT IN UBTH, BENIN CITY, EDOSTATE SOUTH SOUTH NIGERIA

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Background: Mycosis fungoides (MF), also known as granuloma fungoides or Alibert Bazin syndrome is the commonest form of cutaneous T-cell lymphoma. Ms. O.J, 36 year old, presented to UBTH with a 5year history of generalized skin rashes.
Rashes were gradual in onset, recurrent and painless. Severe pruritus which preceded the rashes progressively worsened following onset of rashes. At presentation were varied morphology of papules, patches, plaques and nodules with background erythematous skin. There were associated skin dryness and thickness, scalp hair loss, brittleness of nails, scaling of the palms/soles and lymph node enlargement. A presumptive diagnosis of MF was made and confirmed by histology. Therapy initiated were topical glucocorticoids and chemotherapy with significant resolution of the lesions.

Discussion: MF is a rare extra nodal non-Hodgkins lymphoma and is the most common cutaneous lymphoma. It is common in middle age (45-65 years) but has being diagnosed in children and adolescents. It's commoner in men and in blacks. MF is classified according to its clinical presentations as patch, plaque and tumor and has predilection for sun exposed areas of the body.
MF is often misdiagnosed as allergic contact dermatitis, atopic dermatitis or psoriasis especially in the early phase. MF is divided into three stages-pre-mycotic, mycotic and tumor stage. In the tumour stage, dense infiltrates of atypical lymphoid cells expand the dermis. The characteristic cell of MF is a small or medium sized lymphocyte with a cerebroid nucleus. Our patient presented in the tumour stage.

Conclusion: MF is poorly diagnosed in most cases and becomes highly aggressive in later stages. MF is incurable but many patients experience prolonged periods of disease control when diagnosed early. Quality of life is key in addition to maximizing periods of remission of the disease.