



SKIN MANIFESTATIONS OF INTERNAL DISEASE

“A CASE OF TUBEROUS TENDINOUS XANTHOMA”

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Background: Xanthomas are focal infiltrates of lipid containing histiocytic foam cells that are usually found within the dermis or tendons. Tuberous xanthomas are papulonodular skin lesions present in lipoprotein metabolism disorders. It is a clinical manifestation of lipoprotein metabolic disorders. elevated serum cholesterol, triglycerides, LDL and VLDL.

Observation: Here we present a patient aged 32 years presented with multiple swellings (up to 10 cm in size) all over the body, which on excision biopsy were found to be tuberous xanthomas. Investigations revealed the Elevated LDL and Cholesterol levels and carotid artery plaques were seen on CT angiogram, A diagnosis of familial hypercholesterolemia was made, patient was started on statins and fibrates.

Key message: In cases of multiple swellings over the extremities and over joints xanthomas have to be kept in mind and, A panel of investigations has to be done. Appropriate treatment has to be initiated.

