



SKIN MANIFESTATIONS OF INTERNAL DISEASE

## PELAGRA: TO BE OR NOT TO BE?

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**Background:** Pelagra is considered a disease of the past, where nutritional deficiencies were common as a result of misinformation and famish. The wide access to a considerable nutritional variety makes this disease oblivious to most of the medical staff in the current, daily practice.

**Observation:** The authors describe a case of an eighty five year-old woman living in a rural isolated area in the southern Portugal, brought to the urgency services of our center with itchy, edematous dermatological lesions in her face, hands and forearms for the last three days. When observed, the lesions were coarse, ulcerated with serohematic crusts in some areas, strictly delimited in areas of prolonged solar exposure, sparing the rest of the body. The history confirmed a poor intake of nutritional variety. Despite the poor contribution of analytical parameters for the diagnosis, as well as the unspecific dermopathologic aspects, the clinical history favored the hypothesis of Pellagra. The patient underwent niacin therapy and hydration with emollient, topic emulsions in the affected areas, with obvious improvement, the lesions completely resolved.

**Key message:** With this case report we emphasize the importance of the nutritional details in a clinical history in patients with dermatological lesions, focusing as well in the distribution and aspect of those lesions. A careful history taking is essential to suspect such disease and, given its rarity, it is important to carefully consider all the differential diagnosis.

