



SKIN MANIFESTATIONS OF INTERNAL DISEASE

PRETIBIAL MYXOEDEMA: THE GRAVEST OF GRAVE'S.

Madhuri B⁽¹⁾

Yenepoya Medical College, Dermatology, Mangalore, India⁽¹⁾

Background: Pretibial Myxoedema (PM/ Thyroid Dermopathy/ Localised Myxoedema) is one of the rare extrathyroidal manifestations of Grave's disease. Deposition of glycosaminoglycans or acid mucopolysaccharides on the skin leads to development of localised thickening. Most common site affected is the pretibial area due to its dependant position and repeated exposure to mechanical stress, hence the name.

Observation: A 37 year old male presented to Medicine department with complaints of asymptomatic swelling, thickening and blackish discoloration of skin over both legs of 9 months duration. No history of trauma or drug intake prior to onset. Patient is a known case of Grave's disease, on treatment. He was referred to Dermatology department for evaluation of skin lesions. Examination revealed non pitting edema of bilateral lower limbs along with diffuse hyperpigmentation, induration and few skin colored papules over extensor aspect of bilateral lower limbs. Venous doppler showed subcutaneous edema of bilateral lower limbs. Biopsy of lesion revealed mucin deposition in dermis. Alcian blue stain and Verhoeff's elastic stain was positive, confirming PM. Ophthalmological examination was normal and did not reveal any signs/ symptoms of Thyroid Ophthalmopathy.

Key message: Incidence of PM is around 5% and has declined considerably due to the early diagnosis and treatment of Grave's disease. Almost all patients with PM have features of Ophthalmopathy, which usually precedes myxoedema. Hence it's of great importance to evaluate the patient for the same. We report this case in view of its rarity of disease, the need for ophthalmological examination as a part of workup and to highlight the importance of dermatological examination in unveiling endocrinal disorders like Hyperthyroidism.

