



SKIN MANIFESTATIONS OF INTERNAL DISEASE

STUDY OF CUTANEOUS MANIFESTATIONS OF INTERNAL MALIGNANCIES AND OF THEIR TREATMENTS— A HOSPITAL BASED, PROSPECTIVE, CROSS-SECTIONAL STUDY.

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Background: Malignancies may present with diverse cutaneous manifestations which may be either specific (direct and indirect) or nonspecific. Till date many studies have been published on cutaneous manifestations of internal malignancies but few studies emphasise cutaneous manifestations of solid and haematological malignancies and their treatment/s.

Objective: To study cutaneous manifestations of internal malignancies and of their treatments.

Material & methods: 397 patients from the oncology and dermatology departments, having a proven internal malignancy were enrolled in the study. Their cutaneous features were studied clinically and relevant and indicated investigations performed. Patients were then categorized in the following categories –

1. Primary cutaneous manifestation as on presentation
2. Associated metastasis with diagnosed malignancy
3. Associated manifestations with treatment
- 4A. Chemotherapy
- 4B. Radiotherapy
5. Unrelated to malignancy.

Results: Mean age of patients ranged from 16 to 74 years. A classification was made in which the cutaneous manifestations were divided into

1. Specific manifestations (n=42) which included cutaneous metastases (n=39 and paraneoplastic disorders (n=3). The commonest types of cutaneous metastases were cutaneous nodular metastases (n=14) and breast metastases (n=13).





2. Non specific incidental dermatological findings (n=144) in which, infections (n=77) were most common followed by eczemas (n=31).

3. Therapy related (n=212) -

In Radiation therapy group (n=97), grade 1 acute radiation dermatitis was the most common side effect (n=63). The grades increased with increasing dose and duration of radiation therapy (p value = 0.002).

In Chemotherapy group (n=115), skin changes were observed with alkylating agents and antimetabolites, hair changes with alkylating agents and mitotic inhibitors, nail changes with alkylating agents.

Conclusion: It is important to know the various cutaneous signs of internal malignancies and the complex relationship between cancer treatment and the integument.

