



TROPICAL DERMATOLOGY

A RARE CASE OF PHOTODISTRIBUTED GRANULOMA ANNULARE.

S Bhatia⁽¹⁾ - S Nayak⁽²⁾

Kasturba Medical College, Department Of Dermatology, Manipal Academy Of High Education, Manipal, Dakshina Kannada, India⁽¹⁾ - Kasturba Medical College, Department Of Dermatology, manipal Academy Of High Education, Manipal, Dakshina Kannada, India⁽²⁾

BACKGROUND: Granuloma Annulare (GA) is a necrobiotic disorder of skin and subcutaneous tissue characterized by granulomatous annular plaques, nodules or papules. There are four broad subtypes of GA: Localized, Generalized, Subcutaneous and Perforating. The most common presentation is a localized form. GA is usually resistant to treatment. Although rare, a few cases of photodistributed GA have been reported. In a tropical country like India, Hansen's disease is often a diagnosis which needs to be ruled out since it can be a clinical mimic.

OBSERVATION: A 52-year-old female patient who was a known hypothyroid with a history of viral hepatitis presented with asymptomatic flesh colored to erythematous plaques and papules arranged in an annular and polycyclic pattern over the dorsa of hands, extensors of forearms and arms and V area of chest (sun-exposed areas). A differential diagnosis of granuloma annulare, granuloma multiforme, tuberculoid leprosy and annular elastolytic granuloma was made. Tuberculoid leprosy was ruled out due to the absence of hypoaesthesia and lesional loss of hair and sweat. Skin biopsy for histopathology was performed which was suggestive of granuloma annulare. Presence of abundant mucin and elastic tissue (demonstrated by Alcian blue stain) helped to rule out annular elastolytic granuloma and granuloma multiforme. Acid fast bacilli was also negative on Fite stain, thus excluding leprosy. Patient was started on topical steroid and sunscreen. In one month's time, patient reported more than 50% improvement in lesions and no new lesions developed.

KEY MESSAGE: Although rare, photodistributed granuloma annulare can be seen which is often mistaken for other dermatoses. A biopsy can help in definitive diagnosis and ruling out other conditions. Hence, this case is reported for its rarity and significant improvement with topical steroids and photoprotection.

