



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

## NECROBIOSIS LIPOIDICA

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Necrobiosis lipoidica (NL) is a rare granulomatous disorder of unknown origin presenting with infiltrated plaques preferentially on the lower leg. The course of disease is complicated when painful ulcerations appear within the brown-yellowish atrophic lesions. Dermatologists can diagnose NL by the clinical presentation, the anamnesis or –if necessary- additional histological analysis. Association with diabetes mellitus is another typical finding in NL patients. In a retrospective analysis of NL patients from different dermatological centres, associations with metabolic syndrome or thyreoidal disorders could be additionally observed. Interestingly, ulcerations emerged more frequently in men than women and in patients with associated diabetes mellitus.

Therapeutic guidelines are missing due to the small number of patients and lack of randomized controlled trials. An analysis of NL patients in two German dermatologic centres showed that topical therapy with corticosteroids is the most common therapeutic approach in NL patients followed by UV therapy and compression therapy. Systemic therapies were applied only in recalcitrant cases or when ulcerations occurred. Systemic corticosteroids, dapsone and fumaric acid were used in these patients. The use of biologicals was restricted to single cases due to off label use and limited reimbursement by insurances.

