



SKIN MANIFESTATIONS OF INTERNAL DISEASE

ERUPTIVE XANTHOMA: AN IMPORTANT CUTANEOUS FINDING OF HYPERTRIGLYCERIDEMIA AND DIABETES MELLITUS- A CASE REPORT

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Background and Aim: Cutaneous manifestations are often an early diagnostic finding of a systemic disease. Xanthomas can present as an early manifestation of systemic disorders and uncommonly as sole manifestation of them. Eruptive xanthoma is a papular skin disorder resulting from hyperlipidemia, specifically hypertriglyceridemia. It is characterized by yellowish red papules concentrated on extensor surfaces of the arms and legs. Histopathologically eruptive xanthoma is characterised by infiltration of the dermis with neutrophils, eosinophils, histiocytes and foam cells along with extravascular lipid deposits appearing as lace-like eosinophilic material between collagen bundles.

Case Presentation: A 45 year old woman born of consanguineous marriage presented with asymptomatic papules over upper and lower limbs since 2 months. On cutaneous examination there were multiple 2-5mm sized yellow colored papules, few of them on erythematous base, distributed over the dorsa of hands, feet, anterior and posterior aspects of both legs. Laboratory examination revealed erythrocyte sedimentation rate of 28mm/hr and Random blood sugar of 304mg/dl. Other laboratory tests were within normal limits. Serum lipids showed very significant disturbances. The ultrasonography of abdomen and pelvis showed bulky hypoechoic uterus with an incidental 4mm left renal stone. Patient was started on oral hypoglycemic agents, antihypertensives and statins. Triglyceride, Cholesterol and VLDL cholesterol were remarkably high, this favoured Type-I, IV and V beta lipoproteinemia (Fredrickson classification).

Conclusion: Eruptive xanthoma is an important cutaneous manifestation of hypertriglyceridemia, Diabetes mellitus. Early diagnosis and prompt treatment of underlying conditions may help reduce the morbidity and mortality. Dermatologist has a vital role to play.

