

## FOX FORDYCE DISEASE — (A case report)

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In 1902, Fox and Fordyce described two cases of an intensely pruritic papular eruption occurring in axillary and pubic region. Most cases, about 90% occur in females between the age of 13 and 35 years.

The etiology of this disease has remained obscure. In the majority the disease arises in females during adolescence. The condition improves considerably during pregnancy. This justifies the consideration of hormones playing a role in the pathogenesis of the disease.

The disease clinically and histopathologically involves "Apocrine glands". Clinically the eruption is sharply limited to the distribution of apocrine glands namely axillae, areolae, around umbilicus and pubic area. Histopathologically there is intermittent acanthosis of the epidermis with follicular dilatation and plugging. The dermis shows dilated apocrine glands; some of which are surrounded by large and small mononuclear cells. The tubes are also dilated with hyperplastic epithelium.

In view of the possible hormonal etiology the treatment of this disease has been centered around the sex hormones but the results are not satisfactory. The disease is recalcitrant to various treatments including corticosteroids.

### Case Report

A male aged 16 years came to our hospital Skin and V. D. clinic on 10-4-'75 with complaints of itching

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in both axillae, areolae, and pubic area. On examination the general health of the patient was found to be normal. Examination of the skin revealed discrete follicular papular eruption in both axillae, a rosette of papules in both areolae and scattered papules in pubic area. Hairs were sparse in axillae but were normal in pubic area.

The complaint had started 3 months earlier with itching in axillae, later involving areolae and pubic area. A week later patient noted papular eruption in the described areas.

Family history was negative.

A biopsy was taken and sections were stained with H. E. stain. The section showed normal stratum corneum. The stratum malpighii showed acanthosis at one place corresponding to situation of papules. The follicular opening showed plugging with structureless eosinophilic material. In dermis, there were well formed nests of inflammatory cells around the duct of apocrine glands. However, intact glands were not seen.

### Discussion

Fox Fordyce disease is a rare condition. Very few cases have been reported in Western literature. To our knowledge no case has been reported recently in our literature. This is predominantly a disease of females. That our patient is a male is of interest.

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