

WHAT IS YOUR DIAGNOSIS ?

Forty-five year old male patient complained of skin lesions on the back of left hand for six months. There was no history of trauma or insect bite prior to the appearance of the lesions.

Examination revealed several plaques of varying sizes on the dorsum of the right hand and forearm. The centre of each lesion was depressed and the periphery was raised with a pearly papular border. The lesions were not anaesthetic. There was no scarring. Systemic examination was normal. Glucose tolerance test showed mild diabetes mellitus status.



Fig.

- Differential diagnosis :**
1. Granuloma annulare
 2. Tuberculoid leprosy
 3. Lupus vulgaris
 4. Erythema annulare centrifugum

Skin biopsy from one of the lesions showed palisading granulomas in the dermis with areas of incomplete necrobiosis of collagen. There was an infiltrate of histiocytes, plasma cells and lymphocytes.

Final diagnosis : Granuloma annulare

Normal sensations in the lesions ruled out the possibility of tuberculoid leprosy. Absence of any scarring as well as the localisation of all the lesions on the dorsum of hand and forearm were suggestive of granuloma annulare rather than lupus vulgaris. Association of mild diabetes mellitus detected by G.T.T. further supported this clinical diagnosis, as adult granuloma annulare is known to be associated with diabetes mellitus. Persistence of the lesions at the same sites for 6 months is not a feature of erythema annulare centrifugum.

The clinical findings with the histological features are diagnostic of granuloma annulare.



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