

Two-toned Toes

Match the diagnosis to the photo by letter

- a. Blue toe syndrome c. Subungual hematoma
 b. Pernio (chilblains) d. Antiphospholipid syndrome



1. A 22-year-old woman dropped an iron on her toe yesterday. Today, the toe is painful at rest and worse with movement.



2. For the past month, a man in his 50s has had a discolored right foot with increasing tenderness, as well as livedo reticularis on the sole and lateral aspect. He has a history of right-arm arterial thrombosis, multiple deep vein thromboses of the legs, ischemic stroke, atrial fibrillation, peripheral arterial disease, and long-term warfarin treatment. Pulses are palpable on exam.



3. A 35-year-old woman presents in January with purplish toes that are markedly tender to pressure. Recurrent over three successive winters, the initial symptom is an itchy, burning sensation in her toes. The discoloration and other symptoms are constant, not episodic. The condition resolves each year in late spring. Her distal pulses are normal.



4. For three days, a 63-year-old man has had severe, sudden-onset pain in the hallux and fifth toe. He has hypertension and hyperlipidemia and has not undergone any vascular procedures. Physical exam reveals cyanotic change with remarkable coldness on the affected toes and livedo reticularis on the underside of the toes. Pulses are palpable. A biopsy of the fifth toe reveals thrombotic arterioles with cholesterol clefts.

For answers, see next issue;
 for discussion, go to

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Answers to January "Picture This" (*Clinician Reviews*. 2018;28[1]:29): 1d, 2c, 3a, 4b

Photos and text for case 1 courtesy of Richard P. Usatine, MD; from Usatine R, Smith M, Mayeaux EJ, et al (eds). *The Color Atlas of Family Medicine*. 2nd ed. New York, NY: McGraw-Hill; 2013:551-556. To learn more about *The Color Atlas of Family Medicine*, visit www.amazon.com/Color-Family-Medicine-Richard-Usatine/dp/0071769641/

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