

# More Than Skin Deep

Affecting almost 3% of the white population in the United States, this disease may manifest in a variety of ways, making diagnosis confusing. Many affected patients also have serious comorbidities, such as diabetes, heart disease, and depression.

**One of the following diagnoses matches all of the photos; which is it?**

- a. Seborrheic dermatitis
- b. Nummular eczema
- c. Psoriasis
- d. Lichen planus
- e. Mycosis fungoides



**1.** This 40-year-old man developed scaling on the distal one-third of his thumbnail; eventually, most of his thumb was covered by thick adherent white scales on a pinkish base with sharply defined margins. The adjacent thumbnail has focal areas of pitting and yellowish discoloration.



**2.** Patches of dry skin appear and disappear on this girl's arms, legs, and neck. An annular, distinctly salmon-pink plaque with a tenacious white scale recently manifested on her extensor forearm. Also noted: scaly areas in both postauricular sulci and tiny pits on her fingernails.



**3.** A 62-year-old woman complains bitterly of itching on the soles of both feet. Both insteps are covered with discrete, confluent papules and tiny pustules on an erythematous and hyperpigmented (brown), sharply demarcated, and highly symmetrical base. No such lesions appear elsewhere.



**4.** The patient presented with fiery red, burned-looking skin covering  $\geq 90\%$  of the skin surface and shedding in large "sheets" instead of smaller scales. He was monitored for fever, systemic symptoms, and multiorgan dysfunction.

Photo courtesy of Peter A. Lio, MD, and Alisa McQueen, MD; reprinted with permission from *The Journal of Family Practice* (2012;61[2]:71-78).



**5.** This 18-year-old patient had multiple, erythematous papules and plaques with a fine scale over her face, neck, trunk, and lower

legs. She noted that the eruption had developed after a sore throat two weeks earlier and that it was itchy.

Photo courtesy of David A. Boyd, MD; reprinted with permission from *The Journal of Family Practice* (2011;60[1]:37-39).

For the correct answer, go to [www.clinicianreviews.com/articles/picture-this.html](http://www.clinicianreviews.com/articles/picture-this.html).