

INFLAMMATORY DISORDERS

I . ECZEMA--Dermatitis

Acute--"juicy" red ill defined plaques with or without vesiculation; pruritus

Chronic-lichenification--scaling thickened pink plaques with increased skin markings; pruritus

A . Contact--unusual configuration and distribution limited to areas of contact

1. Allergic--

a specific sensitivity, not dose dependent

b eg: poison ivy, Nickel, fragrances,

c preservatives, Neomycin

2. Irritant--non specific

a dose dependent

b eg: soaps, lye

B . Seborrheic--"dandruff"

1. scalp, central face, chest ("oily" areas)

2. ill defined, greasy, yellow scaling pink plaques

3. Pityrosporum ovale

C . Dyshidrotic--"Pompholyx"

1. palms, soles

2. "tapioca" vesicles

D . Stasis--shins - edema, with diffuse erythema, scaling and purpura

E . Xerotic--"dry" skin

F. Atopic--asthma

1. flexural fold involvement
2. food allergies (milk, eggs, nuts, wheat, citrus)--RAST testing
3. familial
4. cataracts

G. Treatment: identification and avoidance of offending agent(s)--patch test

1. steroids-topical and systemic
2. antihistamines
3. moisturizers
4. antibiotics (Staph aureus)

II. PSORIASIS

3% of American population

Etiology unknown--increased cell turnover

Polygenic inheritance

A. Vulgaris

1. well defined pink plaques with "micaceous" scales
2. distribution
 - a elbows, knees
 - b gluteal cleft
 - c scalp
 - d nails--pitting, oil staining
 - e sites of trauma--"Koebner phenomenon"

B. Pustular

1. sterile pustules, lakes of pus with diffuse erythematous background
2. palms and soles most frequent sites
3. eruptive (von Zumbusch)--generalized involvement, often steroid induced

C. Guttate

1. Wide spread, small "raindrop spattered" plaques
2. post Strep, viral infections

D. Psoriatic arthritis--occurs in 3-5% of psoriasis patients

1. mono-articular--most common
2. mutilans (distal interphalangeal, "pencil in cup")--pathognomonic

E. Treatment:

1. topical steroids
2. tar
3. UVB
4. PUVA
5. Methotrexate
6. Retinoids
7. vitamin D
8. cyclosporine

III. LICHEN PLANUS

A. Flat topped violaceous polygonal plaques with white lacy striae (Wickham's)

B. ankles, wrists

C. oral (buccal mucosa)

D. nails (pterygium)

E. extreme pruritus