

## **Answers to Dermato-venereological Quiz on page 45**

### **Answer (Question 1)**

1. Examples of painful skin growths are: Cutaneous endometriosis, Osteoma cutis, Blue rubber bleb nevus, Eccrine spiradenoma, Neurilemmoma, Neuroma, Glomus tumour, Angiolipoma, Leiomyoma (Mnemonic: C/O BENGAL).
2. Pilar leiomyomas.
3. Three types of leiomyomas are recognized. They are: pilar leiomyomas, either solitary or multiple, deriving from arrectores pilorum muscles; angioleiomyomas from vascular smooth muscles; dartolic leiomyomas from genitalia, areola and nipple dartos muscles. Pilar leiomyomas present as red-brown skin papules from a few millimeters to a centimeter in size. The predilected sites are extensor surfaces of limbs, trunk, face and neck. Characteristically they are painful especially to touch or cold.

### **Answer (Question 2)**

1. Generalized pustular psoriasis.
2. Infections: bacterial, fungal, scabies; toxic pustuloderma; infantile acropustulosis.
3. Bed rest with ample emollient and watch out for secondary infections. Maintain good calorie and fluid intake, monitor electrolyte balance. Topical corticosteroids are prescribed. Oral antihistamine is given to relieve the itchiness. Most patients will response to this conservative treatment. However, extremely severe cases may need systemic agents like acitretin, cyclosporin or methotrexate.