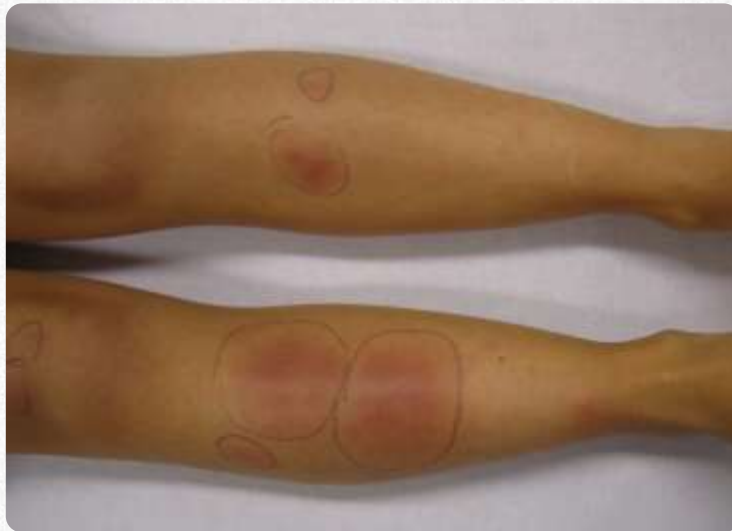


Erythema Nodosum



Erythema Nodosum

Introduction

- Painful, blue-red, raised rash on shins
- May also be found sometimes on thighs *or* arms
- Histologically, characterized by septal panniculitis of subcutaneous fat



Erythema Nodosum

Causes

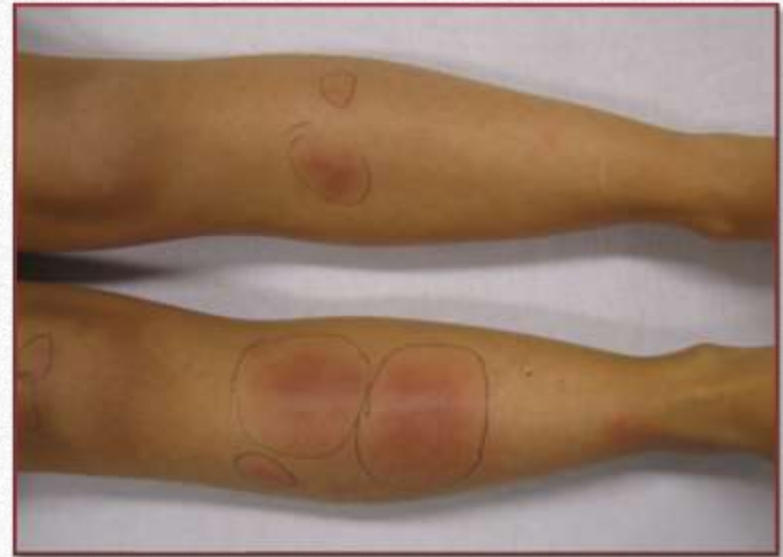
- **Infections**
 - **Bacterial** - Streptococci, Mycobacteria, Brucella, Mycoplasma, Rickettsia, Chlamydia
 - **Viral** – Hepatitis B, Infectious mononucleosis
 - **Fungi**
- **Drugs** – Sulphonamides, Sulphonylureas, Oral contraceptives, & Dapsone
- **Sarcoidosis**
- **Inflammatory Bowel Disease (IBD)**
- **Malignancy**
- **Pregnancy**
- **Idiopathic** 30 – 50%



Erythema Nodosum

Presentation

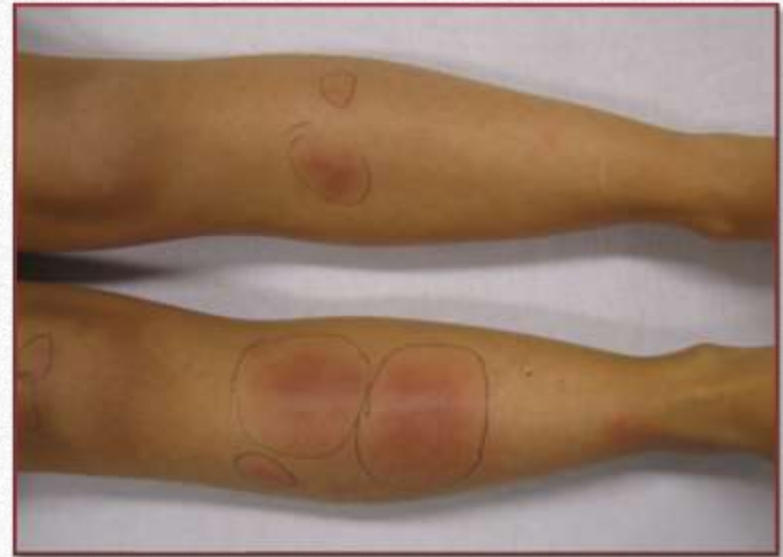
- Painful, Indurated, violaceous nodules on the shins and lower legs
- Systemic upset, Arthralgias & Fever
- Spontaneous resolution occurs over a month
- Bruise-like marks are left



Erythema Nodosum

Treatment

- Identified & remove or treatment underlying cause
- Supportive care - Bed rest, Leg elevation & NSAID
- Systemic Glucocorticoids – Effective but seldom required
- Potassium iodide, Dapsone or Hydroxychloroquine may be effective for resistant disease, but are rarely required.



Last Second Medicine

[Like](#) | [Share](#) | [Subscribe](#)