

Small Pits Yield Big Clues

A case of Follicular Dowling-Degos disease with hidradenitis suppurativa and acne conglobata

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Introduction

- Dowling-Degos disease is a rare genodermatosis.
 - Follicular Dowling-Degos disease: uncommon variant: presents with comedones and pitted hyperpigmented scars
- Truncal acne, hidradenitis suppurativa have underlying follicular occlusion

Discussion

- Dowling-Degos disease: Hyperpigmented macules over the flexures
- Follicular Dowling-Degos disease: Rare variant, recently described
- Association of DDD include
 - Hidradenitis suppurativa
 - Epidermal cysts
 - Pilonidal sinus
 - Keratoacanthomas
 - Seborrheic keratosis
 - Squamous cell carcinoma
- Pathology of follicular proliferation indicated by
 - Comedo-like lesions
 - Punctate lesion
 - Histopathology: infundibular changes
 - Associations
- Follicular Dowling-Degos disease: Similar associations expected
- This is the first case of such an association in the literature

Conclusion

- The follicular variant of Dowling-Degos disease can be associated with follicular occlusion triad, offering further evidence to an underlying defect of follicular proliferation.

References

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- Choudhary S, Jain D, Singh A, Agrawal P. Dowling-Degos disease and hidradenitis suppurativa: Co occurrence or association? Indian Dermatol Online J. 2013;4(3):191.
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Case Report

Clinical

22-year-old man presented with multiple painful cysts and nodules with pus discharging sinuses over the beard area, anterior chest, upper back and upper arms, and bilateral axillae, resolving with scarring



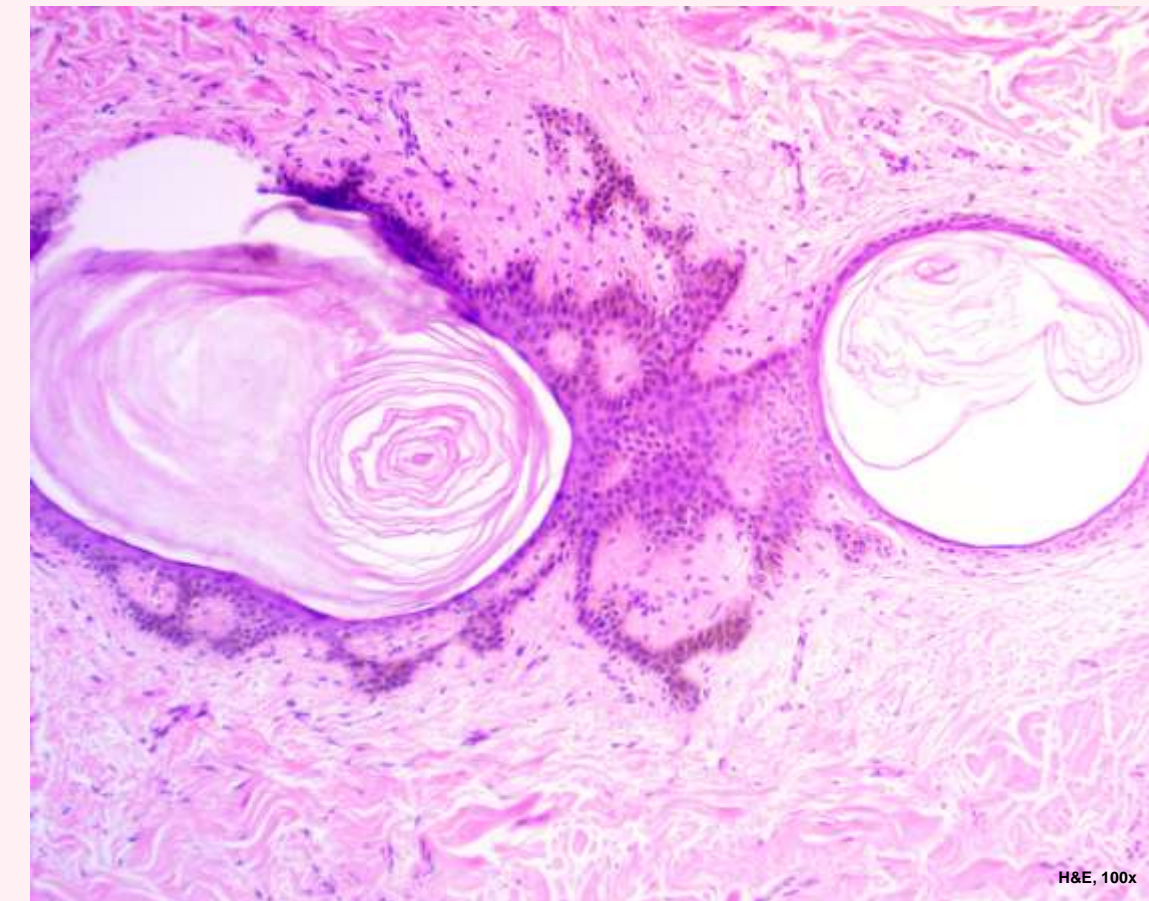
On closer look
Depressed atrophic small plaques,
Multiple comedones on upper trunk



Hyperpigmented pin-head sized macules on forehead
Perioral pits

Histopathology

Biopsy from comedone: Follicular changes



Distended follicle, with laminated keratin
Follicular epithelium : Branching downward, pigmented
Interfollicular epidermis : Normal

Treatment

Oral Isotretinoin 20 mg Daily
Moderate improvement in 4 weeks: reduced discharge, pain and size of nodules