

Case 16

A 42 years - old Thai man from Bangkok

Chief complaint:

Multiple discrete asymptomatic patches at trunk and extremities

Present illness:

He has developed multiple discrete asymptomatic erythematous patches at trunk and upper extremities for 6 months. The lesions did not improve with topical corticosteroid.

Past History:

His underlying disease is allergic rhinitis. There is no family history of similar skin lesion.

Physical examination:

A Thai man , not pale , no jaundice
Liver , spleen and lymph nodes were not palpable.
Skin: Multiple discrete well circumscribed asymptomatic erythematous patches with fine scales on right arm, left arm, abdomen.



Fig 16.1

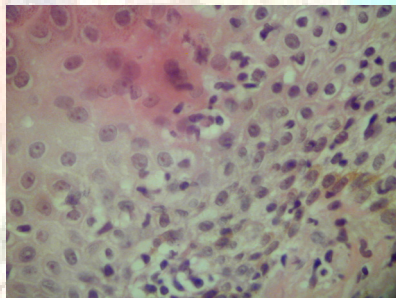


Fig 16.2

Histopathology: (S03-16972)

There are mounds of parakeratosis in association with superficial lymphocytic infiltration. There are also some lymphocytes which show exocytosis in the epidermis.

Diagnosis: Mycosis fungoides, patch stage

Treatment: UVB phototherapy

Presenter: Manotharm Usaho
Consultant: Somsak Tanrattanakorn

Comment:

Mycosis fungoides is a type of lymphoma. In mycosis fungoides the blood lymphoma stays mostly in the skin. This results in a rash. Most people who have mycosis fungoides will have the rash for many years. It is very difficult to determine if someone has mycosis fungoides, usually several biopsies are required over a number of years before the diagnosis can be made. Most people who have mycosis fungoides have the disease for years. It can cause death but this is unusual. Most people who have this condition live a normal life span and die of something else. Treatment is temporarily effective, and may need to be continued for quite a while. There is no cure for mycosis fungoides. Ultraviolet light PUVA will often help control the condition. This involves coming to the office two to three times a week for ten to fifteen minutes. Mild mycosis fungoides can be treated effectively with cortisone ointments. Nitrogen mustard, a chemotherapy drug, is sometimes applied to the skin to control mycosis fungoides. Photochemotherapy or photopheresis is a

technique used at major medical centers for the treatment of mycosis fungoides.

References:

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3. Koh HK, Charif M, Weinstock MA: Epidemiology and clinical manifestations of cutaneous T-cell lymphoma. *Hematol Oncol Clin North Am* 1995; 9(5): 943-60
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Ramathibodi
Hospital
Interhospital
Dermatology
Conference

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