

Red Lines on Trunk and Arms

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A 40-year-old Caucasian female presents with multiple linear streaks of red papules on her arms and extremities. The lesions first appeared after a business trip to Hawaii one week ago. The patient denies taking any medications or herbal supplements but remembers trying many types of food including sushi, seafood, and mushrooms at a Japanese restaurant. The patient states that the lesions are not painful, but they are moderately itchy.

What is your diagnosis?

- Parapsoriasis
- Shiitake mushroom dermatitis
- Lichen striatus
- Pityriasis rosea
- Basal cell carcinoma

Answer

Shiitake mushroom dermatitis (**answer b**), or flagellate mushroom dermatitis, is a toxicoderma that may occur one to two days after ingesting raw or undercooked shiitake mushrooms. Shiitake (*lentinula edodes*) is an edible fungus that is native to East Asia and is widely consumed by people in many Asian countries. They are the second most commonly cultivated mushrooms in the world. Ingestion of shiitake mushrooms is generally well tolerated; however, adverse reactions have occasionally been reported. Shiitake mushroom dermatitis is most commonly observed in Japan and China. Lentinan (a β -glucan found in shiitake mushrooms) has been implicated as the causative agent for shiitake dermatitis.

Shiitake mushroom dermatitis begins with pruritic papules, and, upon scratching, multiple streaks in a flagellate pattern can be observed. The lesions mostly appear on the trunk and extremities, and the mucosa is usually spared. Diagnosis can be made based on the history of ingesting raw or undercooked shiitake mushroom and the characteristic cutaneous manifestation.

Workers involved in shiitake cultivation and handling can suffer from occupational respiratory and



Figure 1: Red lines on trunk and arms

cutaneous disease. The skin eruption is similar to that of bleomycin-induced flagellate dermatitis.

The lesions usually resolve spontaneously within weeks through the avoidance of raw or undercooked shiitake mushroom consumption. Symptoms of pruritus may be treated with topical steroids and oral antihistamines.

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