

Frank's Facial Crop Circles

Benjamin Barankin, MD, FRCPC

Meet Frank

- Frank is a 41-year-old Caucasian male with a six-month history of hair loss in his beard area. He reports no pruritus or discomfort in the affected area and no other area of involvement
- He has a family history of thyroid problems and male-pattern baldness
- He is otherwise healthy, and recent blood work revealed low iron but normal thyroid function
- He has tried tea tree oil, as recommended by his naturopath, with no improvement



What is your diagnosis?

- a) Alopecia areata c) Anagen effluvium e) Telogen effluvium
b) Androgenetic alopecia d) Alopecia secondary to iron deficiency

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See page 2 for the answer to last month's case 



Here is the answer to last month's case

Meet Richard

This 30-year-old man had a period of malaise followed by a progressively sore throat and lesions on his palms and soles.



What is your diagnosis?

- a) Contact dermatitis
- b) Urticaria
- c) Hand, foot, and mouth disease
- d) Psoriasis
- e) Shingles

Answer: C

Hand, foot, and mouth disease (HFMD) (**answer c**) is a common, viral illness that usually presents in children between the ages of 2 and 10, but it can occur in adults as well. Blistering sores in the mouth are usually the dominant symptom (herpangina).

The picornavirus family of viruses is responsible for HFMD. The coxsackie subtype 16 is most common, but other strains have also been known to cause this disorder.

As with other viral infections, there is often a prodrome of malaise

and fever, followed by a sore throat with red papules that progress to small ulcers. Red papulovesicles eventually form on the palms and soles. Severity of symptoms and findings vary considerably. Not all regions will be involved. Rarely, there may be severe headaches and stiffness of the neck, indicating viral meningitis.

HFMD is very contagious amongst children, as viral particles are found in secretions of the mouth and nose and in the blisters of the palms and

soles, which are transferred to fomites. The condition is most contagious in the first week, but viral shedding can occur throughout the course of the disease.

Treatment addresses symptoms with numbing mouthwashes, cool drinks, and acetaminophen.

Stanley J. Wine, MD, FRCPC

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Congratulations

to our winner for the month of
September 2013

Dr. Wendy Wallace
Sault Sainte Marie, Québec