

“What’s growing on my arm?”

By Benjamin Barankin, MD

Joe, a 53-year-old cattle farmer, presents to clinic with concerns about a scaling plaque that has been slowly growing on his arm (Figure 1). He reports feeling systemically well and has not been in contact with anyone who is ill. The lesion is asymptomatic.



Figure 1. Scaling plaque on the arm.

1. What is the most likely cause of this lesion?

- a) Infection
- b) Inflammatory process
- c) Neoplastic process
- d) Fixed drug eruption
- e) Gottron's sign of dermatomyositis

2. What is the most likely diagnosis?

- a) Granuloma annulare
- b) Tinea corporis
- c) Erythema annulare centrifugum
- d) Nummular dermatitis
- e) Plaque psoriasis

3. How would you treat this lesion?

- a) Topical corticosteroids
- b) Topical antibiotic
- c) Oral antibiotic
- d) Topical antifungal
- e) Oral antifungal

Answers: 1-a; 2-b; 3-d

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“Case in Point” is a series of interesting cases and diagnoses so general practitioners can sharpen their skills. Submissions and feedback can be sent to diagnosis@sta.ca.