



A Nickel for Your Thoughts

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A 16-year-old boy presented with an itchy area near the umbilicus with mild erythema, scaling, fissuring, lichenification, and excoriations (Figure 1).

1. What is a possible diagnosis?

- a) Poison ivy contact dermatitis
- b) Scabies
- c) Psoriasis
- d) Chronic allergic contact dermatitis

2. What is the most likely cause?

- a) Cosmetics
- b) Clothing
- c) Metal belt or buckle
- d) Food

3. What is the treatment?

- a) Cool compresses with Burrows solution
- b) Mid-potent topical steroids, twice daily for one to two weeks
- c) Topical antibiotic, if secondary bacterial infection
- d) Antihistamines, if severe pruritus
- e) All of the above **Dx**



Figure 1. Itchy area near the umbilicus.

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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.

Answers: 1-d ; 2-c*; 3-e

*Pruritic dermatitis near the umbilicus is almost always the result of nickel allergy.