



“What’s this mass on my head?”

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A 25-year-old patient presents with a three-year history of a thick, firm mass on the back of his scalp (Figure 1). He recalls no antecedent trauma, no purulent discharge, and no change in size in the past year. He is otherwise healthy.

The thick, pink mass is indurated and irregularly shaped. It is pruritic and occasionally painful.



Figure 1. Thick, firm mass on the back of the patient's scalp.

1. What is the most likely diagnosis?

- a) Discoid lupus
- b) Acne keloidalis nuchae
- c) Folliculitis
- d) Tinea capitis
- e) Benign tumour of the scalp

2. This condition is more common in which gender?

- a) Male > Female, 5:1
- b) Male > Female, 20:1
- c) Female > Male, 2:1
- d) Female > Male, 5:1
- e) Male = Female

3. Which of these treatment options should not be tried in this patient?

- a) A potent topical steroid +/- topical retinoid
- b) Aggressive cryotherapy
- c) Oral corticosteroids, 1 mg/kg/day
- d) Intralesional triamcinolone, 5 mg/mL to 40 mg/mL
- e) Careful surgical excision, followed by intralesional or high-potency topical steroids **Dx**

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Answers: 1-b ; 2-b; 3-c