



“Can I get rid of these plaques?”

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A 42-year-old woman presents with a one-year history of multiple, persistent, annular plaques on the dorsum of both her hands (Figure 1). The lesions are occasionally mildly pruritic, but never painful. Mild corticosteroids seem to help ease the symptoms.

She has three children and two dogs at home. The patient has borderline diabetes currently controlled by diet alone.



Figure 1. Annular plaques on the dorsum of the hand.

1. What is the most likely diagnosis?

- a) Sarcoidosis
- b) Lichen planus
- c) Granuloma annulare
- d) Tinea manuum/ringworm
- e) Impetigo

2. What is the main concern with this lesion?

- a) Often painful
- b) Local spread
- c) Metastases
- d) Cosmetic appearance and sometimes pruritic
- e) Spread to other people

3. How would you treat this lesion?

- a) Intralesional steroids
- b) Potent topical steroids
- c) Antifungal therapy
- d) Excision
- e) a & b **Dx**

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