



# “What are these pimples?”

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A 26-year-old Asian female is bothered by the appearance of asymptomatic flesh-coloured papules under both her eyes. She is wondering about the diagnosis and treatment as she is embarrassed by these lesions and finds them difficult to cover with makeup.



Figure 1. Infraorbital papules.

## 1. What is the most likely diagnosis?

- Basal cell carcinomas
- Syringomas
- Milia
- Xanthelasma
- Granuloma annulare

## 2. With which syndrome are these lesions most commonly associated?

- Down syndrome
- Brooke-Spiegler syndrome
- Tuberous sclerosis
- Neurofibromatosis
- a and b

## 3. How might you manage this condition?

- Reassure as to the benign nature of the condition
- Potent topical steroids
- Intralesional triamcinolone
- Electrosurgery or CO<sub>2</sub> laser
- Oral antifungals

Syringomas are benign tumours more commonly noted in women, which are generally of cosmetic concern to patients. These asymptomatic, small, skin coloured-to-yellow dermal papules typically present soon after puberty and more may develop with time.


These lesions have been associated with:

- Down syndrome,
- Brooke-Spiegler syndrome (multiple cylindromas, trichoepitheliomas and occasional spiradenomas),
- diabetes mellitus (clear cell syringomas) and/or
- a positive family history.

Lesions are typically multiple and clustered in a symmetric distribution on the lower eyelids or upper cheeks. Less commonly, lesions may be found on the:

- Axillae
- Penis
- Trunk
- Vulva

Treatment options include:

- surgical excision,
- electrodesiccation,
- CO<sub>2</sub> or erbium YAG laser ablation,
- cryotherapy,
- dermabrasion, or
- trichloroacetic acid. 

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

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