



Red, Itchy Chest Papules

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A 58-year-old otherwise healthy male presents with a longstanding history of erythematous, pruritic papules on his chest and less so on his back. He has been treated with mild topical steroids and antifungals with modest benefit.

1. What is the most likely diagnosis?

- Tinea corporis
- Contact dermatitis
- Lichen planus
- Grover's disease
- Granuloma annulare

2. What area of the body is typically affected by this rash?

- Chest
- Back
- Scalp
- Arms and legs
- a and b

3. How could you manage this lesion?

- Potent topical steroids
- Oral retinoids
- Oral antihistamines
- Moisturizers with cooling properties
- All of the above

Grover's disease, or transient acantholytic dermatosis, is a benign, self-limited disorder, but can be persistent and difficult to manage. The presentation is often subtle and may mimic other pruritic skin conditions and thus a high index of suspicion aids in the diagnosis. It most commonly affects the chest and back. Grover's disease is underdiagnosed. It is idiopathic, although



Figure 1. Erythematous, pruritic papules on the chest.

conjectured causal or exacerbating factors include heat or sweating and exposure to sunlight. It most commonly affects middle-aged or elderly Caucasian males.

Grover's disease is characterized by pruritus, which occasionally can be quite significant. The clinical appearance does not necessarily correlate to the degree of pruritus. There are no constitutional symptoms.

Management can be difficult and frustrating. General measures such as avoiding excessive sun exposure, heat and sweating and occlusive clothing should be discussed. Mild cases can be managed with topical moisturizers (e.g., menthylated, pramoxine) or calamine lotion, as well as soothing baths with colloidal oatmeal or emollient bath oils. Oral antihistamines are occasionally beneficial.

Typically, moderate-to-potent topical steroids are used to reduce inflammation and control the pruritus. Refractory disease can benefit from oral retinoids. **Dx**

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

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