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GRANULOMA ANNULARE MIMICKING GOTTRON'S PAPULES OF DERMATOMYOSITIS

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We report the case of a 62-year-old woman who presented with pink bumps on the knuckles and an itchy sunburn-like rash on the chest. She denied improvement with topical corticosteroids. Review of systems was negative for dysphagia, shortness of breath, muscle weakness, and Raynaud's phenomenon. Physical examination demonstrated scaly, pink, atrophic papules on multiple metacarpophalangeal, proximal interphalangeal, and distal interphalangeal joints. In addition, there was photodistributed poikiloderma involving the V of the chest. Although other signs of a connective tissue disease were absent, the possible presence of Gottron's papules and a V-neck sign raised suspicion for dermatomyositis. To help elucidate the diagnosis, a 4-mm punch biopsy of a representative papule was performed and showed granuloma annulare. In light of this result, the rash on the chest was clinically diagnosed as poikiloderma of Civatte. Granuloma annulare is a benign inflammatory skin disease that commonly presents with annular erythematous papules on the dorsal hands and feet. When lesions of granuloma annulare are limited to the knuckles, they may mimic Gottron's papules of dermatomyositis, as has been reported previously in children. To our knowledge, this is the first case of granuloma annulare mimicking Gottron's papules in an adult. Ultimately, skin biopsy and the absence of multiple pathognomonic findings clarified the diagnosis. Given that dermatomyositis in adults is potentially paraneoplastic, accurate diagnosis of a mimicker may help prevent unnecessary malignancy screening and its accompanying cost, radiation exposure, and emotional distress.