

Ashy Dermatitis With A Wagyu Beef-Like Dermoscopic Appearance: A Case Report

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Abstract:

Ashy dermatosis, also known as Erythema Dyschromicum Perstans. Ashy dermatosis is clinically characterized by asymptomatic, ash-coloured macules located mainly on the trunk and proximal extremities. We present a case of 36 year old male who presented with multiple black patches over his neck, hands and legs since a year. The clinical examination, diagnosis and histopathological analysis confirmed the diagnosis. The discussion highlights the importance of dermoscopic evaluation and management options in Ashy dermatoses.

Keywords: Ashy dermatoses; dermoscopy; Wagyu – beef pattern.

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I. Introduction:

Ashy dermatosis, also known as Erythema Dyschromicum Perstans, was first described by Ramirez in 1957. Its aetiology is poorly understood. It usually affects individuals with Fitzpatrick skin types III-V. Ashy dermatosis is clinically characterized by asymptomatic, ash-coloured macules located mainly on the trunk and proximal extremities. On dermoscopy, ashy dermatosis lesions typically show grey dots and globules; Tomii et al. introduced the term 'Wagyu beef-like' pattern to refer to pigmentation in the rete ridges accompanied by small brown dots seen characteristically in ashy dermatosis. Here, we report a case of ashy dermatosis manifesting the Wagyu beef-like pattern.

II. Case Synopsis:

We report the case of a 36 year-old male with Fitzpatrick skin type IV who presented to our opd with multiple black patches over his neck, hands and legs since 1 year. The patient is otherwise healthy with no other medical illnesses. On cutaneous examination, multiple greyish patches were present over B/L upper limbs, lower limbs and neck (Fig 1). The patches ranged in size from 2 to 3 cms. Dermoscopic findings revealed multiple small bluish grey dots over a bluish background similar to wagyu beef-like appearance (Fig 2a), wagyu is a type of beef eaten in Japan (Fig 2b). Histo-pathologically, epidermis was atrophied focally with mild hyperkeratosis, basal cell vacuolisation, melanin pigmentary incontinence with moderate perivascular lymphocytic infiltration (Fig 3). The patient was advised to apply moisturizers, topical steroid creams and oral dapsone 100mg. The patient was advised to have regular follow-up in the OPD.



Fig 1. Multiple hyperpigmented to greyish patches present over his neck and B/L upper limbs.



Fig 2a.DERMOSCOPY- Reveals multiple small bluish grey dots over a bluish background similar to Wagyu beef-like appearance

Fig 2b. Wagyu beef is a type of beef eaten in Japan.

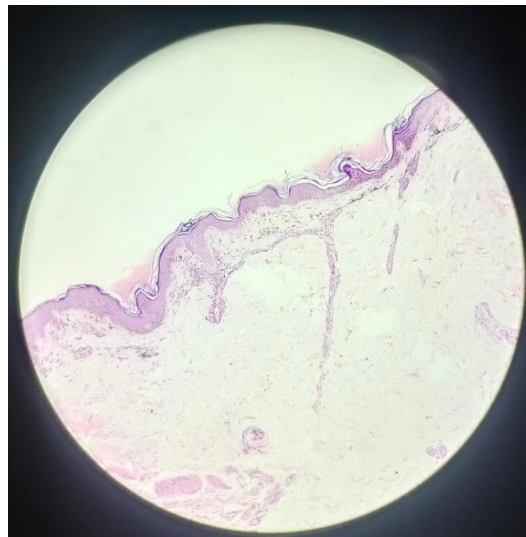


Fig 3. HISTOPATHOLOGY: Epidermis was atrophied focally with mild hyperkeratosis, basal cell vacuolisation, melanin pigmentary incontinence with moderate perivascular lymphocytic infiltration.

III. Discussion:

Ashy dermatosis is an acquired, disfiguring skin disease that occurs most commonly in individuals with Fitzpatrick skin types III-V in Latin America and Asian populations. On dermoscopy, the Wagyu beef-like pattern has been reported as characteristic of ashly dermatosis. It is a unique pattern caused by a combination of two distinct dermoscopic patterns: pigmentation in the rete ridges corresponding with epidermal papillomatosis, and small brown dots from pigment incontinence. The patients are managed with topical moisturizers, topical steroid creams, topical tacrolimus, oral clofazimine, oral dapsone and UV therapy. Previously Munekata et al, reported 2 cases of wagyu beef-like dermoscopic appearance of ashly dermatosis. Our case report also points out classical findings of wagyu beef which is helpful in quick diagnosis in outpatient department eliminating the need of histopathology.

References:

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