Skin signs of Systemic (Internal) disease

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Diabetes

- Acanthosis Nigricans
- Velvety dark skin folds particularly in arm pits and back of neck
- Rarely related to adrenal disease, polycystic ovaries, stomach cancer, and hormones.
Diabetes

- Axillary Acanthosis
Diabetes

- Dull, reddish colored patch but then become shinier with a distinct border. Sometimes the affected skin may crack and become itchy or painful.
- Necrobiosis lipoidica diabeticorum
High Cholesterol

- Xanthelasma
- Fat deposits around eyes
Jaundice

- Yellow discoloration of skin, eyes, urine and other body secretions.
- Seen in Liver disease including different types of Hepatitis
Liver disease

- Spider Angiomas
- Prominent blood vessels under the skin
Liver disease

- Ascites
- Fluid retention in belly, sometimes associated with prominent abdominal blood vessels.
- May be from heart or kidney disease
Nails in Liver disease

- Terry's half and half nails suggests liver disease (no brown lines).
Lichen Planus

- Lichen Planus is a rash made up of reddish-purple, flat-topped bumps that are intensely itchy – anywhere on the body.
- Should be checked for Hepatitis C.
Kidney disease

- Dark skin pigmentation (this may also be related to adrenal gland disease)
- Dry, itchy skin
Half and Half Nail

- Kidney disease
- Half and half nails imply renal disease when there is a brown band at the junction of redness and the free edge.
Brown lines on Nails

Longitudinal brown lines form because of increased melanin produced by nail matrix. They can be associated with:

- Adrenal disease (Addison's)
- Mole
- Melanoma
- Trauma.
Any acute illness can produce transverse milky white lines.

Heavy metal toxicity (classically arsenic) or chemotherapy.

The time of event may be determined from the location of the lines on nail.
Fungal infection of Nails

- Increased risk of bacterial infection (Cellulitis) in people with weak immune system.
- Seen more often in older people with other chronic conditions, commonly diabetes and kidney disease.
Iron deficiency Anemia

- Spoon shaped – concave brittle nail
- Koilonychia
Iron deficiency Anemia

- Pale dry skin
Iron deficiency Anemia

- Cheilitis
- May also be seen in other nutritional deficiencies like Vitamin B12 or folic acid.
Vitamin B12 deficiency

- Brown gray ridged nails
Bleeding under skin

- Petechiae, or Purpura
- Generally acute or short duration
- Red or purple discoloration on the skin that does not blanch on applying pressure
- Related to vasculitis, infection, low blood (platelet) count.
Hereditary Hemorrhagic Telangiectasia

- Chronically visible purple spots of long duration
- Visible blood vessels on skin – may be indicative of possible sources of internal bleeding
Leprosy

- Lighter colored skin lesions with numbness must be differentiated from Vitiligo by a physician.
Leprosy

- Lighter skin patches with altered sensation.
Leprosy
Thyroid disease

- Exopthalmos
- Prominent bulging eyeballs
- Hyperactive thyroid
Thyroid skin disease

- Pretibial Myxedema – waxy thickened skin over the shins, with itching and burning.
- Seen with overactive thyroid or Hyperthyroidism.
Lung disease

- Clubbing
- Often associated with smoking
- Heart valve disease
Peau d’orange

- Orange peel skin
- Breast cancer
- Persistently cracked or bleeding nipple may be a sign of Breast cancer
Angioedema

- Sudden swelling of face, inside the mouth, tongue
- Acute and life threatening allergic reaction
- Multiple causes.
Angioedema

- Tongue swelling
Allergies

- Allergic Shiner’s
- Dark circles under the eyes despite adequate sleep
- Can be seen in children and adolescents
Allergies

- Dennie - Morgan lines
- Extra folds under eyes in young adults and children
Lupus rash

- Butterfly rash
Lupus

- Butterfly rash
Rheumatoid Arthritis

- Rheumatoid Arthritis
- Severe disabling autoimmune arthritis
Deformities related to RA

- Rheumatoid Nodules
Psoriasis

- Nail pitting associated with Psoriasis
Psoriasis

- Skin lesions over knees, elbows, umbilicus, scalp, groin.
- Maybe associated with joint disease
Gout

- Gouty Tophi
- These are deposits of monosodium urate crystals in people with longstanding high levels of uric acid
- Associated with Gout.
Gout

- Joint disease
- Most often big toe, can involve knees, elbows or other joints.
Raynaud’s phenomenon

- May be associated with immune conditions causing Arthritis like Lupus, Scleroderma or Rheumatoid Arthritis.
- Can be related to poor circulation
Melanoma

- This is one disease we must catch before it becomes systemic or spreads to other organs.
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