

Visual Treats in Dermatology

Gauntlet-appearance in a chronic alcoholic

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A 45-year-old male patient presented with well-to-ill defined, scaly, dusky erythematous to hyperpigmented, photosensitive plaques with few erosions over the extensor aspect of the forearms, and dorsum of hands in a gauntlet-like distribution [Figure 1]. He did not have any lesion over his neck. The patient was a chronic alcoholic. Based on the characteristic history and clinical presentation, we made a clinical diagnosis of pellagra and treated him with niacinamide 300 mg/day with good improvement. Pellagra is characterized by symmetric photosensitive



Figure 1: Well-to-ill defined, scaly, dusky erythematous to hyperpigmented, photosensitive plaques with few erosions over the extensor aspect of the forearms, and dorsum of hands in a gauntlet-like distribution.

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skin eruptions, gastrointestinal manifestations, neurologic, and psychiatric disturbances. It occurs due to niacin or Vitamin B3 deficiency. The classically described four Ds of pellagra are dermatitis, diarrhea, dementia, and death. A gauntlet is a glove worn with medieval armor which extends above the wrist. In pellagra, the lesions most commonly appear in this distribution. It occurs prevalently in chronic alcoholics as a result of a nutritionally poor diet and malabsorption. Pellagra responds well to oral nicotinic acid supplementation.^[1]

Declaration of patient consent

Patient's consent not required as patients identity is not disclosed or compromised.

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Conflicts of interest

There are no conflicts of interest.

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