

Prurigo Nodularis

Definition

- chronic skin condition presenting with very pruritic nodules/bumps
- most commonly presents on the arms, legs, back, torso

Associated with the following conditions:

- Atopy -- atopic dermatitis, asthma, allergic rhinitis
(50% of AD cases develop prurigo nodularis).
- Diabetes mellitus
- Hepatic/renal disease
- HIV/AIDS
- Thyroid conditions
- gluten enteropathy
- psychiatric disorders

Pathogenesis:

- increased number of nerve fibers in the papillary dermis
- presence of Th2 cytokines
- cutaneous small fiber neuropathy

Treatment

- requires a multidisciplinary approach
- 1) Patient education to reduce skin irritation/scratching
 - 2) Symptomatic management of pruritis
 - 3) Topical / systemic therapies to disrupt itch/scratch cycle



Up-to-date