

Pictorial CME

A Man with Rash

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A 30-year-old man came to the OPD with a sudden onset rash (Fig 1) on his hands (arrowhead), feet and neck (arrow). The rash was tender. Panel C shows closeup of the rash. He also complained of severe sore throat with mild fever. His son had recently been afflicted with similar symptoms.

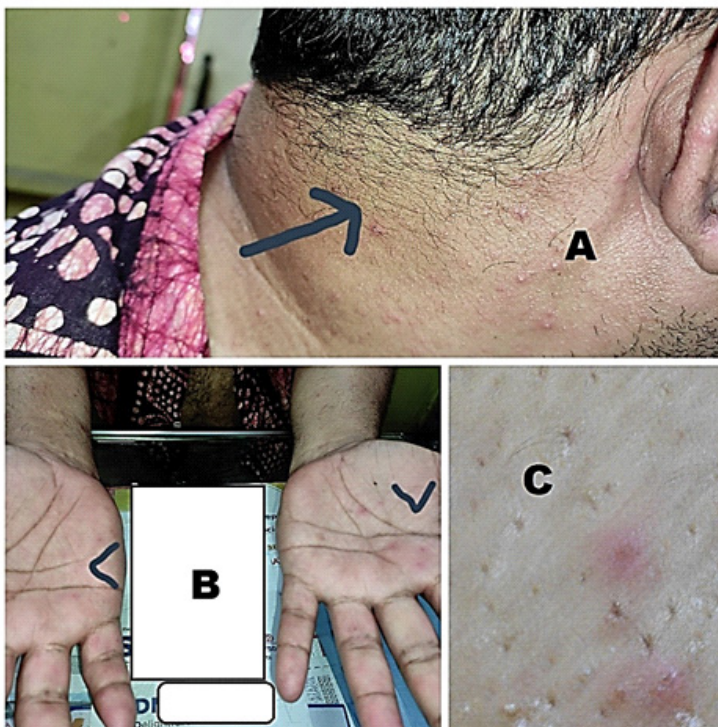
- (1) What is the most likely diagnosis?
- (2) What is the causative agent?
- (3) What are the other types of rash in this disease?
- (4) What is a close mimicker of the oral lesion?

Answers :-

(1) The typical morphology and distribution of the rash, along with history of contact is suggestive of hand-foot-and-mouth disease, a contagious viral illness. There has been recent resurgence of this infection in Eastern India.

(2) This viral exanthem is most commonly caused by Coxsackie virus A16 and Enterovirus A71.

(3) As panel C shows, the commonest type of rash in this case is a macule or papule surrounded by a zone of erythema. In children, the rash is typically not painful. But in adults, as in our case, the rash may be tender. The other type of rash is vesicular, which may rupture to form superficial ulcers, which heal without scarring. Oral lesions, located on lips, tongue or buccal mucosa, are usually painful, as in our



case. Also, although the disease is named “hand-foot-mouth”, in adults, the distribution of the rash may be more extensive.

(4) One closely related disease, caused by the same family of enterovirus, is Herpangina. The differentiating point is, in herpangina, the exquisitely tender oral lesions are located in posterior soft palate and pharynx.

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— **Hony Editor**