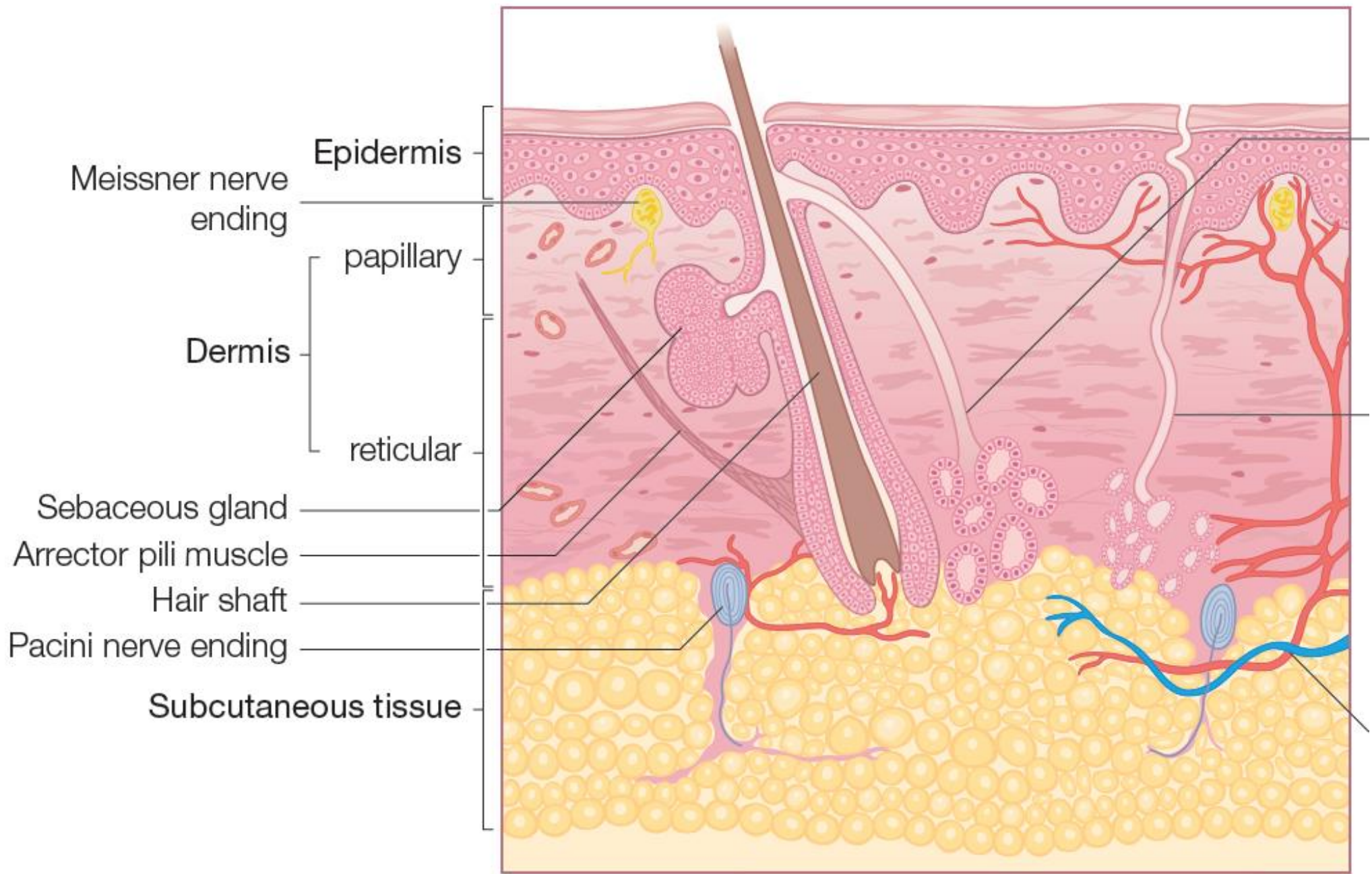


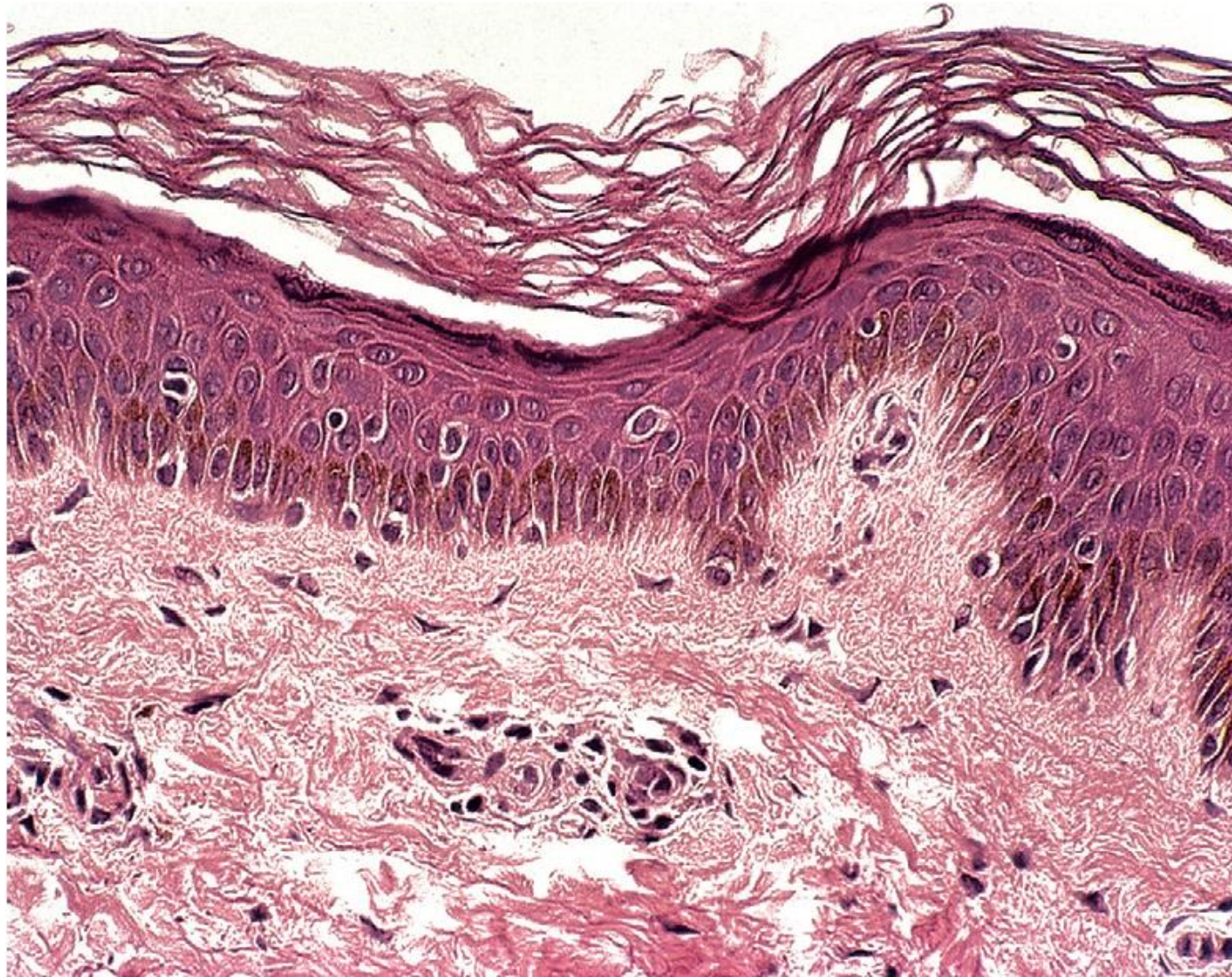


Skin Issues in Autoimmune Diseases

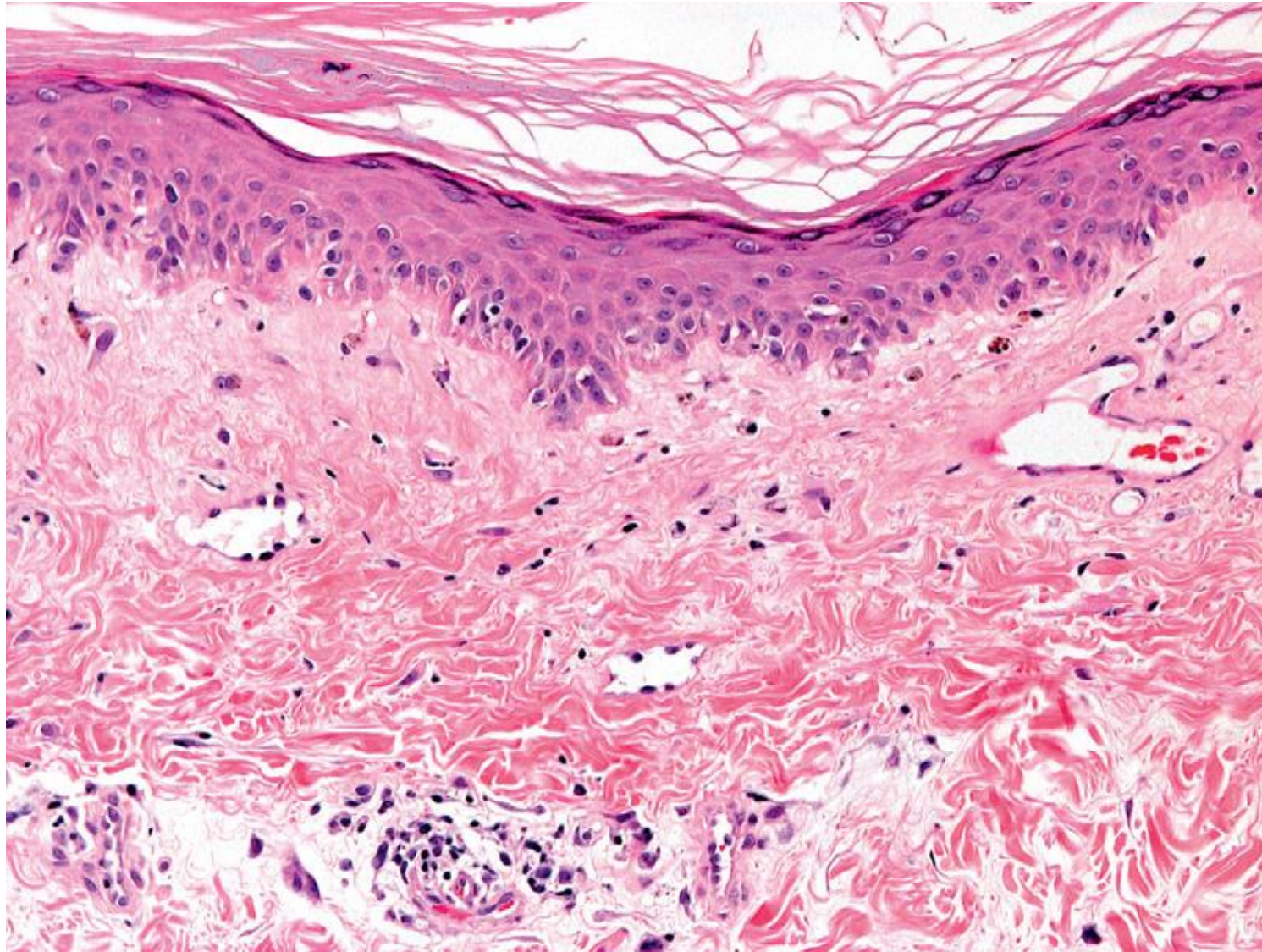
Matt Lewis, MD, MPH
Clinical Assistant Professor
Stanford Dermatology



Normal Skin



Dermatomyositis Skin



Dermatomyositis

Heliotrope sign



V-neck sign



Gottron's papules



Dilated capillaries

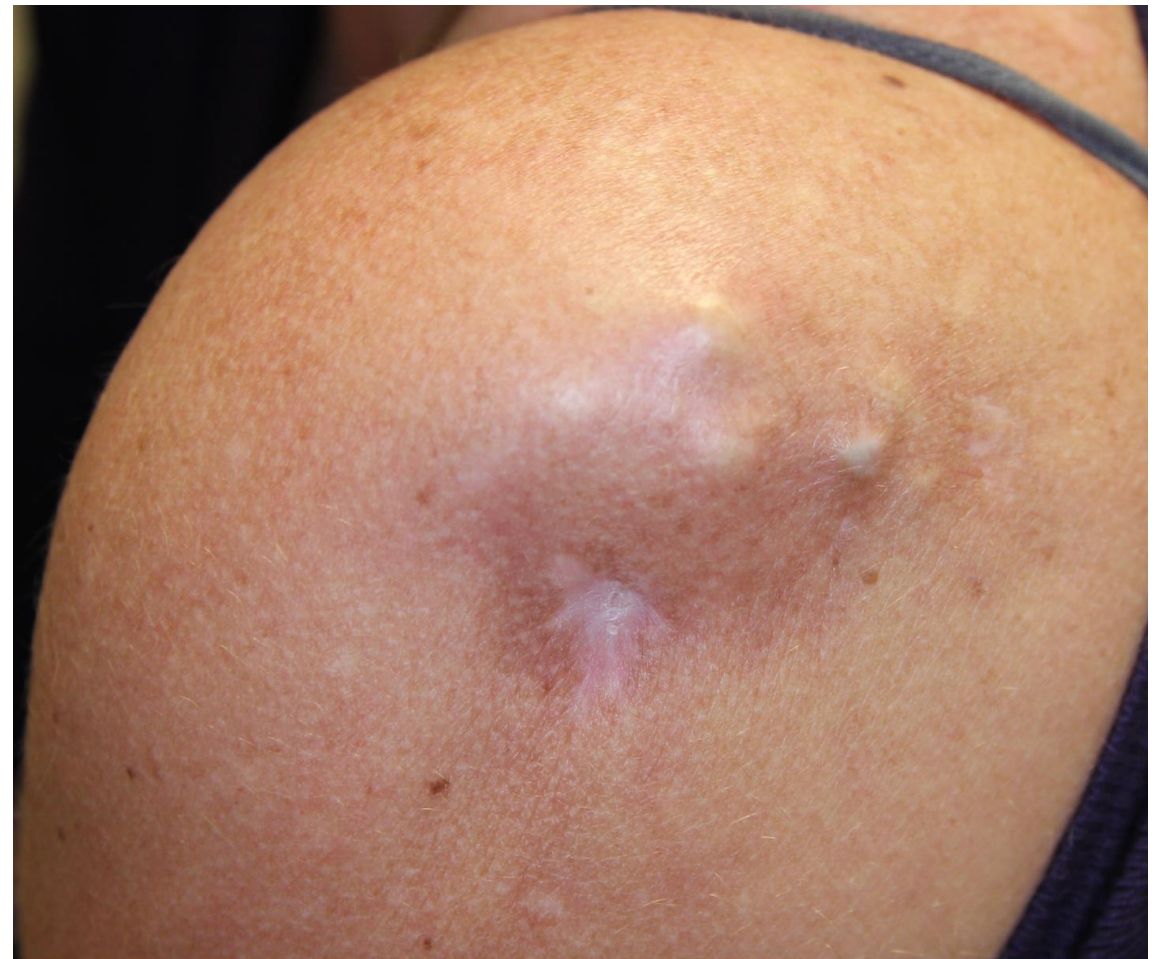


Dermatomyositis

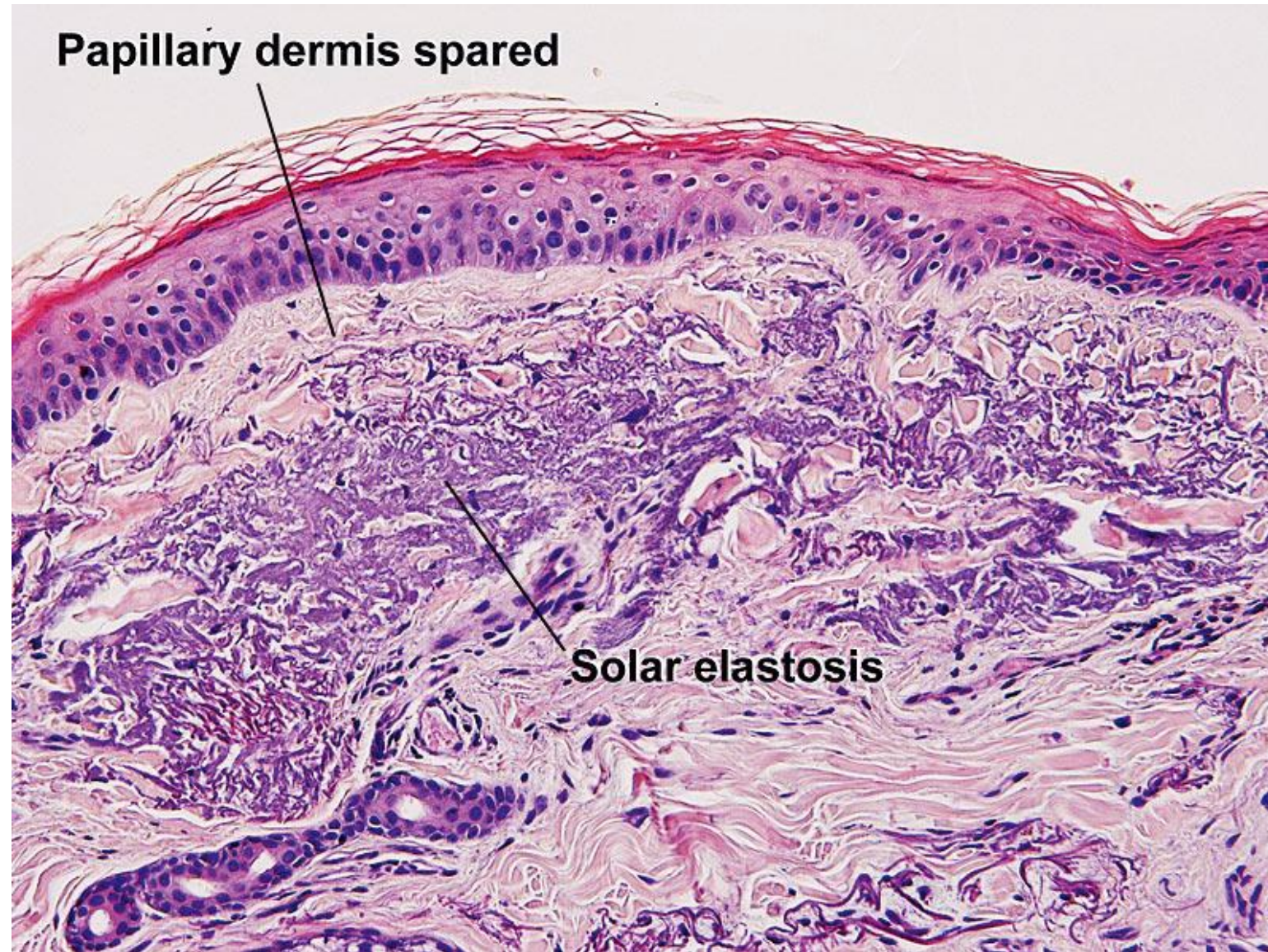
Shawl Sign



Calcinosis



Sun Damaged Skin





Signs of Sun Damage

Poikiloderma



Andrews, 11th Edition

Solar Purpura



Bolognia, 3rd Edition

Skin side effects of oral corticosteroids (prednisone)

- Weight gain
- Skin thinning/fragility
- Stretch marks (striae)
- Easy bruising/purpura
- Acne on the face and body
- Increased hair growth on the face (hirsutism)
- Increased risk of skin infection

Treatments for skin fragility and purpura

- Attempt to get off steroids, or to lowest dose possible
- Consider alternate day prednisone dosing (mostly for weight gain)
- Sun protection! Broad spectrum SPF 50 sunscreen daily
- Protective clothing (long sleeved shirts, gloves when needed)
- Some additional treatments may help
 - Arnica montana supplement for reducing bruising/purpura
 - Vitamin C and Rutein for accelerating resolution of purpura
 - Topical retinoids (tretinoin, retinol) may help increase collagen production

Q&A

Questions?