LUPUS AND THE SKIN

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LUPUS

• CHRONIC, MULTISYSTEMIC INFLAMMATORY AUTOIMMUNE DISEASE

• BODY SYSTEMS IT CAN AFFECT:
  • SKIN
  • JOINTS
  • HEART
  • KIDNEYS
  • LUNGS
  • NERVOUS SYSTEM
WHY DO PEOPLE GET LUPUS

• Uncertain
  • Combination of genes, environmental triggers, hormones and certain drugs.

• Flares can be triggered by anything that triggers your immune system to attack

• Common triggers:
  • Sunlight and Ultraviolet (UV) light
  • Infections/illness
  • Certain medications
  • Stress
  • Surgery or a serious injury
CUTANEOUS LUPUS

TWO FORMS:

- SKIN ONLY INVOLVEMENT
  - Chronic lupus erythematosus (Discoid LE, Tumid LE, Lupus Panniculitis)
- SKIN AS PART OF SYSTEMIC DISEASE (SLE)
  - Acute lupus erythematosus
  - Subacute lupus erythematosus

CUTANEOUS LUPUS

- Widespread rash on the back
- Thick scaly patch on the face
- Sore(s) in the mouth or nose
- Flare-up that looks like sunburn
- More than one type of cutaneous lesion may occur in one person
CUTANEOUS LUPUS
CUTANEOUS LUPUS (Discoid LE)

• Discoid Lupus erythematosus
  • Head and neck
  • Most common Chronic form

• Scarring

• Joint pains
  • 5-15% develop SLE
  • Early manifestation of SLE
CUTANEOUS LUPUS
(Subacute Cutaneous LE)

• Photosensitive
  • Lesions confined to sun-exposed skin
• Discoloration (lighter- more common or darker)
• Do not scar
• Certain medications
  • May or may not clear once medication discontinued
• 10–15% can over time develop internal disease
CUTANEOUS LUPUS (Acute LE)

• Face commonly but can affect hands and all over
  • Butterfly rash
  • Sun exposure
  • No scarring but can leave discoloration

• Can be accompanied by oral ulcerations

• Internal disease common
CUTANEOUS LUPUS
(THE OTHERS)
TREATMENT

• Sun-protection – Prevention as well as treatment
  • Sun block/Sun screen
  • Hats- wide brim, no holes
  • Sun protective clothing
  • Sun umbrella

• Corticosteroids
  • Topical and systemic
TREATMENT

• CALCINEURIN INHIBITORS
  • TACROLIMUS AND PIMECROLOMUS

• Use of skin care products that are less likely to irritate skin with lupus

• Determine whether lupus affects other parts of your body

• Check skin for signs of skin cancer/transformation to skin cancer
CUTANEOUS LUPUS

• More than one type of cutaneous lesion may occur in a given person

• CAN LOOK LIKE OTHER SKIN CONDITIONS
  • IMPORTANT TO NOTIFY YOUR RHEUMATOLOGIST
  • DERMATOLOGIST REFERAL
    • CORRECT DIAGNOSIS FOR TREATMENT
      • SKIN BIOPSIES
      • OTHER TESTS (DIRECT IMMUNOFLUORESCENCE, INDIRECT IF,)
      • BLOOD TESTS
    • INVOLVEMENT OF OTHER ORGAN SYSTEMS
CUTANEOUS LUPUS

• INCREASED RISK OF SKIN CANCER
  • SKIN LESIONS
    • DISCOID LESIONS HAVE AN EVEN INCREASED RISK
    • ORAL DLE LESIONS
    • SQUAMOUS CELL CARCINOMA

• MEDICATIONS TAKEN TO TREAT LUPUS
  • SUPPRESS THE IMMUNE SYSTEM

• DISFIGURATION, SCARRING AND DISCOLORATION
CUTANEOUS LUPUS

• Make-up (non-irritating)

• More information: aad.org; search term Lupus
CUTANEOUS LUPUS

- Develop a sun-protection plan that’s right for you
- Create a treatment plan for your skin
- Recommend skin care products that are less likely to irritate skin with lupus
- Teach you how to camouflage lupus on your skin with makeup
- Help determine whether lupus affects other parts of your body
- Check your skin for signs of skin cancer
THANK YOU

QUESTIONS