

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 PIMECROLIMUS
- 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 REFERRAL
 - CORRECT DIAGNOSIS FOR TREATMENT
 - SKIN BIOPSIES
 - OTHER TESTS (DIIRECT 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