

UCLA

UCLA Previously Published Works

Title

Cutaneous fungal infection masquerading as a gyrate erythema

Permalink

<https://escholarship.org/uc/item/4bz0p94t>

Journal

The BMJ, 378

ISSN

0959-8138

Authors

Kojima, Noah

Saab, Faysal

Publication Date

2022

DOI

10.1136/bmj-2021-064678

Peer reviewed

Widespread annular rash in a low resource setting

This is the upper chest of a man in his 50s who presented to Partners in Hope medical centre in Lilongwe, Malawi with a three month history of pruritic rash. On examination, polycyclic annular eruptions with erythematous, raised scaly borders were present. No peripheral neuropathy or loss of sensation was detected.

The patient was HIV positive with advanced disease (CD4 count: $0.37 \times 10^9/L$). He was compliant with antiretroviral treatment and prophylactic cotrimoxazole, with no recent changes to his drug regimen. The rash showed no improvement after treatment with hydrocortisone 1% cream.

Differential diagnoses included tinea corporis, cutaneous larva migrans, erythema

multiforme, syphilis, tuberculoid leprosy, and granuloma annulare.

Because of the time course and appearance of the lesions—superficial, gyrate (ring-shaped lesions), tinea corporis was suspected and oral fluconazole started. The appearance of the lesions improved noticeably, suggesting that the diagnosis was correct. In low resource settings, empirical treatment with a well tolerated drug might be reasonable when further testing is unavailable.

Noah Kojima (nkojima@ucla.edu); Faysal Saab, University of California Los Angeles Health System, Los Angeles, California
Patient consent obtained.

Cite this as: *BMJ* 2021;373:n1507



If you would like to write a Minerva picture case, please see our author guidelines at <http://bit.ly/29HCBAL> and submit online at <http://bit.ly/29yyGSx>

Cervical intraepithelial neoplasia and risk of preterm birth

Excisional procedures carried out for the biopsy and treatment of cervical intraepithelial neoplasia increase the risk of preterm birth, according to a large study from the Netherlands (*PLoS Med* doi:10.1371/journal.pmed.1003665). The proportion of preterm birth in the control group of 30 000 pregnancies was 4.8%. This rose to 6.9% in women with untreated cervical disease, 9.5% in women who had been treated for cervical disease, and 15.6% in women who had had multiple treatments.

Computed tomography

It's almost 50 years ago that computed tomography was first used in clinical practice.

The patient was a 41 year woman with a suspected frontal lobe tumour, admitted to the Atkinson Morley Hospital in London. The advantages of computed tomography in the imaging of intracranial lesions rapidly became obvious and in 1979 its inventors, Godfrey Hounsfield and Allan Cormack, were awarded a Nobel prize (*Brain* doi:10.1093/brain/awab221).

Renin-angiotensin system blockade and cognition

Hypertension increases the risk of cognitive decline and studies have shown that drugs that block the renin-angiotensin system benefit cognition in later life. A

meta-analysis that combined data from 14 longitudinal studies suggests that renin-angiotensin blocking drugs that cross the blood-brain barrier are particularly helpful (*Hypertension* doi:10.1161/HYPERTENSIONAHA.121.17049). During follow-up of up to three years, people taking drugs that crossed the blood-brain barrier showed better memory recall than those taking non-crossing medications.

Cognitive performance in older adults with type 1 diabetes

On the subject of cognitive decline, a long running study of people with type 1 diabetes finds substantial deterioration in memory and psychomotor skills over 32 years of follow-up. After adjustment for comorbidities, higher HbA_{1c} levels, episodes of severe hypoglycaemia, and elevated systolic blood pressure carried a greater risk of decline (*Lancet Diabetes Endocrinol* doi:10.1016/S2213-8587(21)00086-3). The combined effect of these three risk factors was the equivalent of an additional nine years of age.

Taking ear wax seriously

Two million people have impacted ear wax in the UK each year. Minerva enjoyed an erudite essay which asks why—given its frequency, the debilitating symptoms it can cause, and the dangers of self-treatment—impacted wax isn't taken more seriously. The condition is under-

researched and the evidence base for its management is poor. Inexplicably, many general practices no longer offer ear syringing (*Postgrad Med J* doi:10.1136/postgradmedj-2021-140415).

Health checks

On the face of it, early detection and treatment of risk factors for chronic diseases seems a good idea. Some countries, including the UK, have implemented health checks for adults. But evidence that they do any good is lacking. A cluster-randomised trial in Denmark finds that, among 10 000 citizens aged 30-49, offering a health check produced no improvements in a range of indicators of chronic disease risk (*J Epidemiol Community Health* doi:10.1136/jech-2021-216581).

Longevity

The striking increase in life expectancy in many parts of the world over the last 150 years is a result of shifting most deaths from young to old, rather than a slowing of the rate at which mortality increases with age. An analysis of ageing in non-human primates shows something similar, suggesting a general rule that life expectancy is a function of lifespan equality (*Nature Commun* doi:10.1038/s41467-021-23894-3). We may be close to the limit of how far it is possible to extend human longevity.

Cite this as: *BMJ* 2021;374:n1727