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Peer reviewed
An intensely pruritic pebbled presentation

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Abstract
Lichen amyloidosis (LA) is a form of primary localized cutaneous amyloidosis (PLCA) characterized by bilateral intensely itchy domed scaly hyperkeratotic papules. Lichen amyloidosis is rare and affects men more than women. The age of onset is predominantly between 40-50 years. It is uncommon in the UK, but more frequent in Asian populations [1, 2]. LA is characterized by bilateral intensely itchy domed scaly hyperkeratotic papules, which can coalesce to form plaques with a ‘rippled’ appearance. These most typically affect the shins, and less commonly, the arms and torso. In contrast to the nodular form of PLCA, LA does not have systemic amyloid involvement. Differential diagnoses include hypertrophic lichen planus and lichen simplex chronicus (LSC), [1].

Case Synopsis
A 40-year-old woman was referred owing to a 7-year history of an increasingly itchy eruption on her shins. The severe pruritus interfered with sleep and daily activities. Otherwise she had no systemic symptoms

Keywords: amyloidosis, lichen amyloidosis, primary localized cutaneous amyloidosis

Introduction
Lichen amyloidosis (LA) is a form of primary localized cutaneous amyloidosis (PLCA) that affects men more than women. The age of onset is predominantly between 40-50 years. It is uncommon in the UK, but more frequent in Asian populations [1, 2]. LA is characterized by bilateral intensely itchy domed scaly hyperkeratotic papules, which can coalesce to form plaques with a ‘rippled’ appearance. These most typically affect the shins, and less commonly, the arms and torso. In contrast to the nodular form of PLCA, LA does not have systemic amyloid involvement. Differential diagnoses include hypertrophic lichen planus and lichen simplex chronicus (LSC), [1].

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Introduction
Lichen amyloidosis (LA) is a form of primary localized cutaneous amyloidosis (PLCA) that affects men more
and was usually fit and well, taking no regular or
over-the-counter medications. She noted that her
father had a similar condition, although he had no
specific diagnosis.

On examination, she had a symmetrical eruption of
hyperpigmented papules on both shins (Figure 1a, b)
resembling sheets of pebbles. Some of these
papules had overlying scale. She also had fewer skin-
colored papules on both elbows (Figure 1c). Some
papules coalesced, leading to a ‘rippled’ appearance.
Her mucosal surfaces were unaffected.

Histology examination showed epidermal
acanthosis, compact hyperkeratosis, and hyper-
granulosis (Figure 2a). The dermal papillae were
widened containing homogenous dull-pink deposits
associated with numerous melanophages (Figure
2b). These were positive for cresyl violet and weakly
positive but not birefringent with Congo Red (Figure
2c, d). Immunoperoxidase stain for CK5/6
highlighted deposits positive in the papillary dermis.

Based on the clinical and histopathological findings,
a diagnosis of lichen amyloidosis was made.

Our patient was treated with a combination of
acitretin 20mg once daily, mometasone ointment
daily, zinc oxide paste with ichthammol bandage,
and hydroxyzine with moderate improvement in her
symptoms after 3 months.

Case Discussion
The pathogenesis of LA is not fully known. A popular
theory is the ‘keratinocyte-theory,’ whereby

![Figure 2: Histopathological findings: (a) Skin with epidermal acanthosis, compact hyperkeratosis, and hypergranulosis. Some of the dermal papillae appear expanded by homogenous dull-pink material, 40x; (b) dermal papillae containing homogenous dull-pink deposits (arrowheads) associated with numerous melanophages (arrows), H&E, 100x; (c) the deposits (arrowheads) were weakly positive but not birefringent on Congo red staining (400x); and (d) the deposits (arrowheads) were positive on cresyl violet staining (400x).]
repeated trauma causes focal epidermal damage, keratinocyte degeneration, and keratin protein release. These proteins are phagocytosed by macrophages, forming amyloid deposits in the papillary dermis [3]. Prolonged exfoliation and friction from rough nylon cloth, horsehair gloves, and rough sponges have been reported to precipitate PLCA [4]. LA has been reported in association with autoimmune disorders, such as systemic lupus erythematosus, rheumatoid arthritis, Hashimoto thyroiditis, sarcoidosis, and immunoglobulin A nephropathy. Perhaps a common immune-mediated mechanism might be present in this group [5].

Confirmatory histology is required for the definitive diagnosis, although the amyloid deposits can be easily missed. In LA, amyloid is found in the papillary dermis directly below the basal epidermal layer. The overlying epidermis often shows acanthosis and hyperkeratosis, resembling LSC. There is increased pigmentation of the basal layer with corresponding melanophages in the papillary dermis. The characteristic finding is apple-green birefringence of Congo red-stained preparations observed under polarized light, a phenomenon called dichroism. However, this is not always strongly positive, such as in our case. Other findings may include eosinophilia, periodic acid-Schiff (PAS) positivity, staining with thioflavin T, and metachromasia after staining with crystal violet or methyl violet. Blood vessels remain unaffected. Immunohistochemistry classifies the amyloid precipitates. Antibodies to epidermal cytokeratins are often found in LA. However, if staining is positive for kappa and lambda light chains, systemic amyloidosis would be suggested [1, 2].

Treatment of LA is difficult and complete clinical remission is seldom achieved. Minor trials reported in the literature revealed beneficial outcomes with topical calcipotriol, phototherapy, oral cyclophosphamide, and laser treatments [6]. Case reports have shown effective treatment with oral retinoids such as acitretin [7]. Prevention of behavior causing trauma should be addressed. A combination of acitretin, antihistamines, topical steroids, and zinc-based dressings have been beneficial in our patient with LA.

**Conclusion**

We share this case to remind clinicians of the striking features of lichen amyloidosis to facilitate an immediate diagnosis and appropriate management for presenting patients. Physicians must compare side effects, psychological comorbidity, and size and location of skin lesions to determine appropriate therapy for patients with lichen amyloidosis.

**References**