S023 Hair and Scalp Dermoscopy

Discoid Lupus Erythematosus

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Disclosure of Relationship with Industry

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Disclosures

I have no conflicts to disclose
Discoid Lupus Erythematosus (DLE)

Primary Cicatricial Alopecia
Although the hair follicle is not
the primary target of inflammatory process

Onset 20-40s

Scalp involvement is often the presenting symptom

50-80% of patients with Chronic Cutaneous Lupus
Discoid Lupus Erythematosus

Well-demarcated alopecic patch

Follicular plugging, adherent scale and erythema

Hypo- or hyperpigmentation

Symptoms: itching, pain, burning and tenderness

Early diagnosis may avoid scarring and atrophy
Trichoscopy of DLE - Objectives

• Diagnosis: present trichoscopic features of DLE

• Avoid scarring: call attention for early diagnosis

• Indicate biopsy sites

• Follow-up: differentiate active from non-active lesions

• Make differential diagnosis with scarring and non-scarring alopecias
Discoid Lupus Erythematosus

Diagnostic features

Keratotic plugs
Thick arborizing vessels
Blue-grey dots
Red dots
Scattered brown discoloration
White patches

Ref Trabalho Ross, nosso, Lidia e Tosti
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**Keratotic plugs**

"Large yellow dots"

Use dry dermoscopy

Dark yellow to yellow brown
Hyperkeratosis and plugging of the follicular ostia with keratotic material

Acute and periphery of chronic lesions
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**Thick arborizing vessels**

Deep plexus + Epidermal atrophy

+ 90% of DLE lesions

May last in late-stage disease

A. Rakowska et al. J Drugs Dermatol 2012
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"Red spider in a yellow dot"

Yellow dots + thin arborizing vessels

Epidermal atrophy

Late stage DLE

A. Rakowska et al. J Drugs Dermatol 2012
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**Blue-grey dots**

*Speckled pattern*

Melanin and melanophages in the dermis

Interfollicular interface dermatitis

African descendents

*Duque-Estrada B et al.* An Bras Dermatol. 2010
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Scattered brown discoloration

Pigment incontinence

African descendents and Caucasians

A. Rakowska et al. J Drugs Dermatol 2012
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Blue-white veil

Pigment incontinence + hyperkeratosis

Use immersion fluid

African descendents
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**Blue-white veil**

Pigment incontinence + hyperkeratosis

Use immersion fluid

African descendents
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**Red dots**

Early Diagnosis, active disease

Follicular opening surrounded by dilated vessels

Good prognostic factor for hair regrowth

*Tosti A. et al.* Arch Dermatol 2009
Rosettes

Shiny white
Four oval-shaped points

Optical effect between of crossed polarization in the follicular and perifollicular structures

Narrowing of infundibula or blockage by keratin

Early disease – follicle preserved
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**Perifollicular scaling**

Dry Dermoscopy

”V sign” - Compound structures

Lichenoid infiltrate and perifollicular fibrosis

Differential diagnosis: LPP

*Miteva M., Tosti A. JEADV 2013*
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**Interfollicular scaling**

Hyperkeratosis

Differential: psoriasis, seb dermatitis
Discoid Lupus Erythematosus

Milky red/Pink areas

White patches
Trichoscopy of DLE

**Active features**

- Keratotic plugs
- Red dots
- Thick arborizing vessels
- Blue-gray dots
- Scattered brown discoloration
- Blue-white veil
- Perifollicular scale
- Fine interfollicular scaling
- Rosettes

**Inactive (end-stage) features**

- Loss of follicular openings
- Pink areas
- White patches
- Thin Arborizing vessels
- Yellow dots with spider vessels
DLE & Frontal Fibrosing Alopecia

DLE may coexist with FFA


Take home message

1. **Early Lesions**
   - Trichoscopy helps you to be suspicious of DLE
   - Keratotic plugs, Red dots, Rosettes – prefibrotic stage
Take home message

2. Clinically evident DLE
   Trichoscopy confirms diagnosis, helps recognizing active/late stage areas and choosing biopsy sites
Take home message

3. Diffuse scaling may be a sign of DLE
   Remove the scales before performing trichoscopy
4. Try not miss late stage DLE
   Cicatricial alopecia
   Trichoscopy will suggest DLE, and helps choosing biopsy sites
Thank you!

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