



PrePodiatryStudy Case Studies



PrePodiatryStudy

Skin Lesions

Case

HPI:

A 39-year-old female presents to clinic with pain in her heel for the past 4 weeks. Upon inspection, she also mentions having an abnormal colored skin discoloration near her ankle joint. She states that she has had it for the past 1 year and it looks like it may have gotten bigger in size. It doesn't hurt her and it's not her chief complaint, but she would like for you to take a look at it while she is here.

What do you want to know next?

Past Medical History

PMH:

- Illnesses: Healthy
- Meds: No Medications
- Allergies: NKA
- FH: Non-contributory
- SH: 2 drinks ETOH a day, Denies smoking or recreational drugs

What do you want to know next?

Physical Exam

- Vascular
 - DP/PT palpable pulses
- Dermatologic
 - (+) larger than 0.5cm
 - (+) hyperpigmentation
 - (-) varicosities
 - (-) edema
- Neurologic
 - (+) sensation with 10g SWMF
- Musculoskeletal
 - 5/5 strength to all muscle groups bilaterally
 - No ankle dislocation noted
 - Pain upon palpation of calcaneal medial tubercle and plantar fascia
 - (+) palpable lymph nodes

What do you want to know next?



Clinical Image

Read the image.



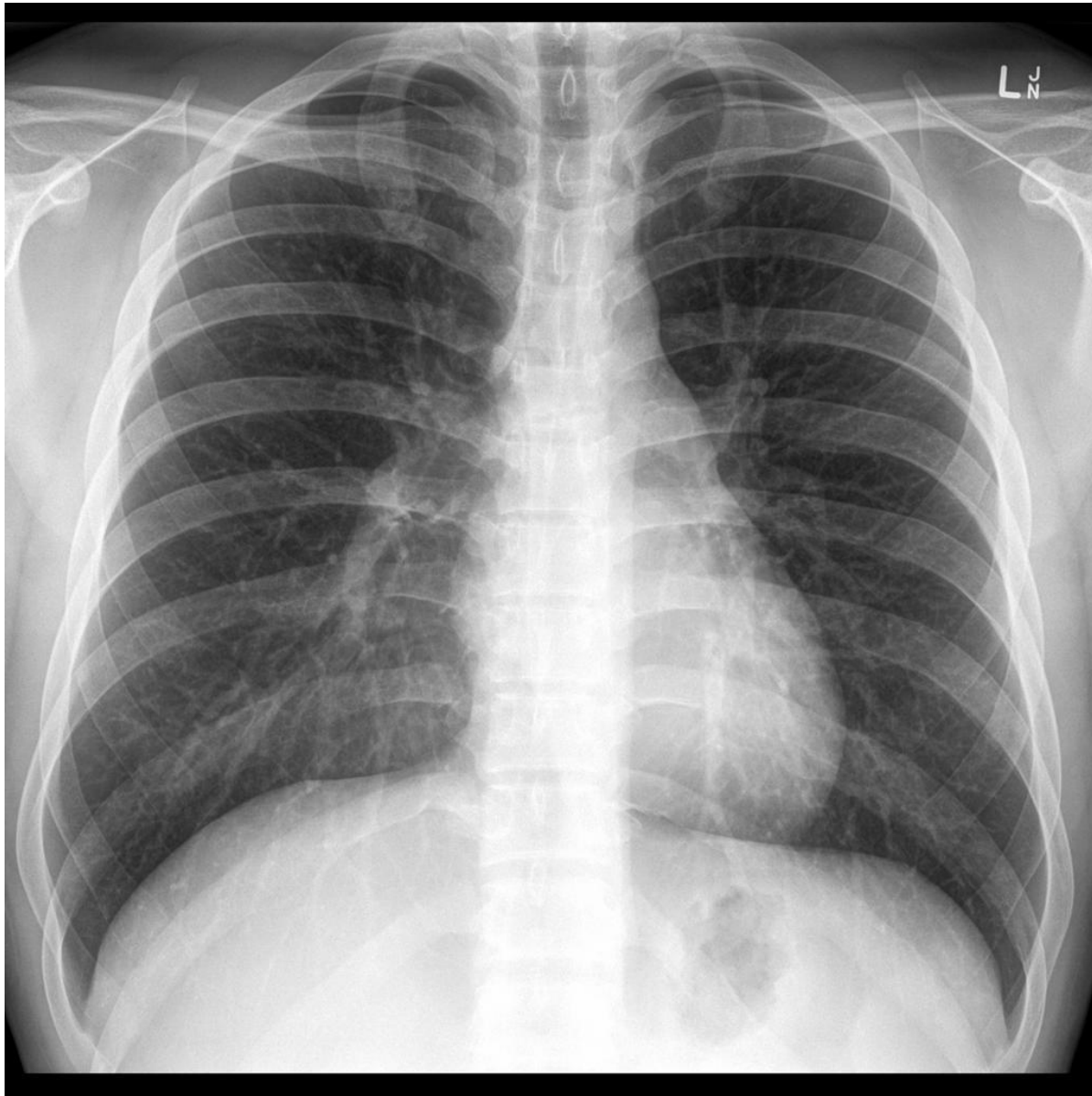
Read
This X-Ray



Imaging

Read the image.

What would you order next?



Imaging

Read the image.

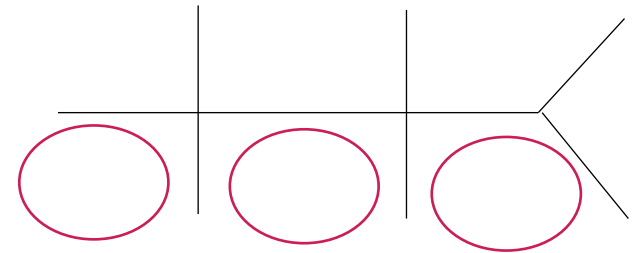
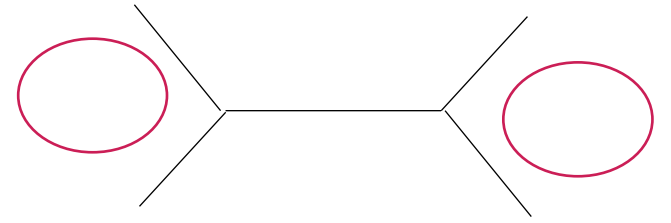
What would you order next?



Labs?

Labs

- CBC (complete blood count)
- BMP (basic metabolic panel)
- PT/INR, PTT.
- Lactate Dehydrogenase Serum
- Urinalysis



What are the normal values of the circled labs?

Why would you order a lactate dehydrogenase serum and urinalysis?



What's your diagnosis,
Doctor?

Diagnosis?

- What is your primary diagnosis?
- What are your differential diagnoses?



What's your treatment
plan, Doctor?

Plan

- What further imaging would you order?
- Would you refer the patient out or excise the skin lesion yourself?
- What type of biopsy would you perform on the skin?
- What is your differential diagnosis for skin lesion?



Rapid Fire Questions

Rapid Fire Questions

- What are the ABCDE of malignant melanoma?
- What is a PET Scan?
- Why do you get a chest Xray?
- What is the importance of palpating lymph nodes?
- When do you do a biopsy sentinel node?
- Tell the types of skin biopsies

Rapid Fire Questions

- When do you refer to a General Surgeon?
- What is the Breslow Classification?
- What is the Clark Classification?
- What are the mortality rates for the above classification?



Answers

Read the image.

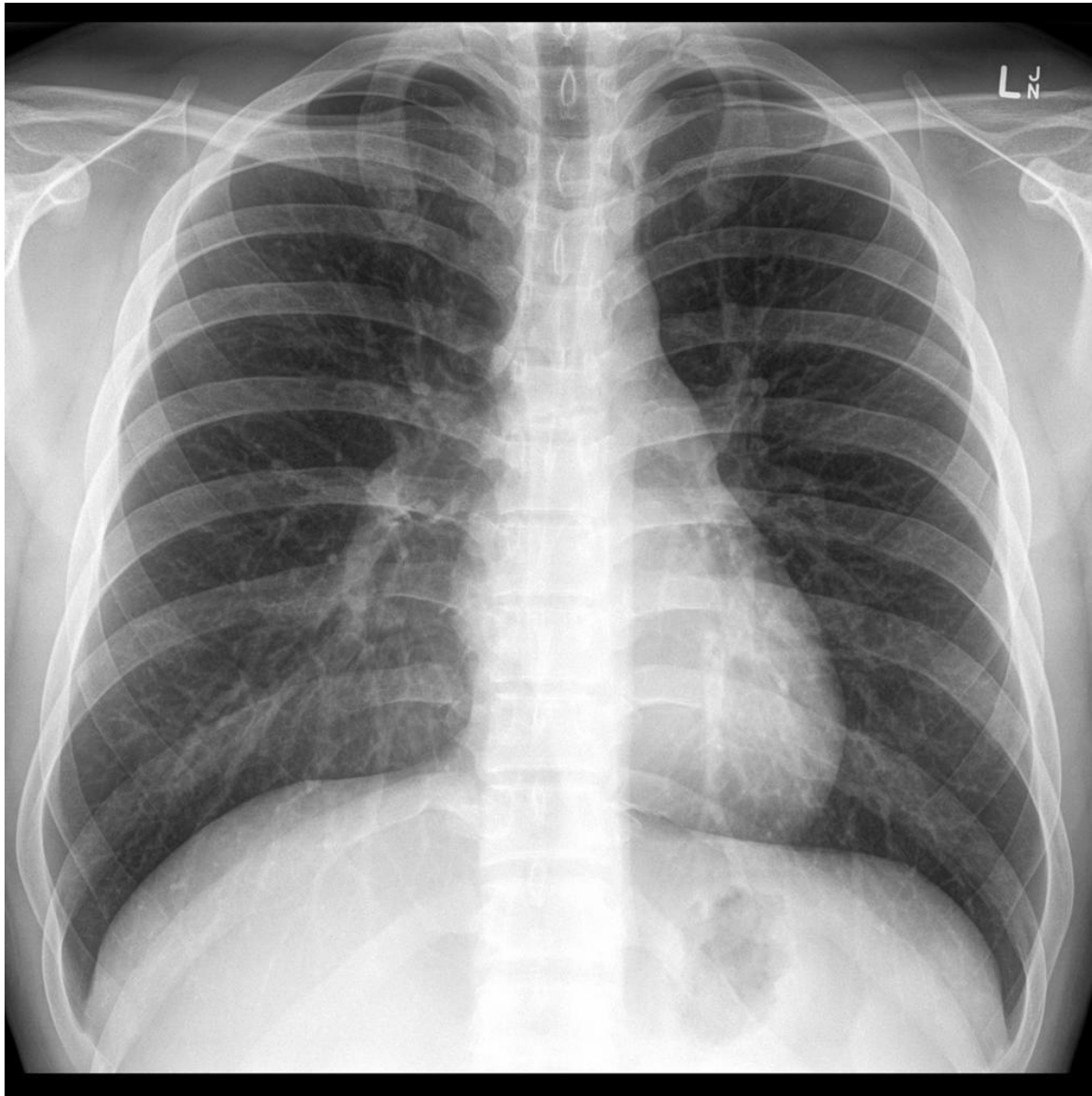


This is a clinical picture of a skin lesion showing abnormal and irregular asymmetry of a dark hyperpigmented lesion with uneven borders, and brown/black/purple discoloration. The diameter appears to be moderate to large. There is no signs of openings, abrasions, crusting, or drainage noted. My interpretation is Melanoma of the skin, I would like to have a measurement of the lesion if possible. (ABCDE – Melanoma)



Imaging

“This is a lateral view of a skeletally mature adult. No cortical breaks or erosions noted. No cortical irregularities. No dislocations or misaligned joints. Overall, a benign radiograph.”

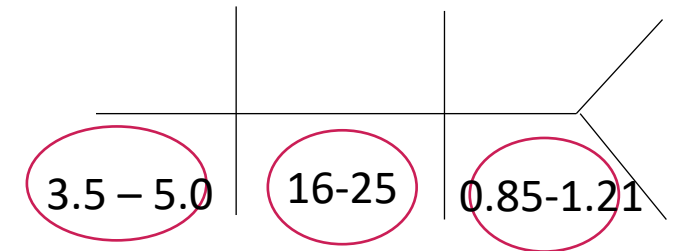
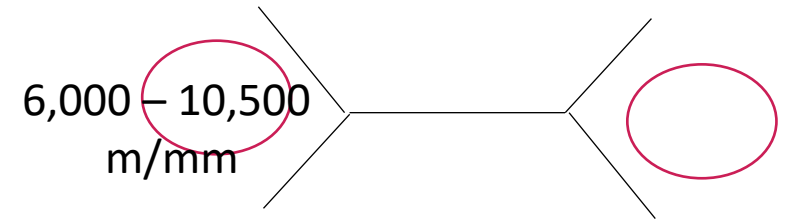


Read the image.

“This is an AP view of a chest x-ray showing (A-Airway) a visible and midline trachea, with no mass lesions or trauma. (B-Bones) No sign of fracture dislocation or arthritic changes. (C-Cardiac) The heart is appropriate size with no widening or calcification of the aorta. The (D-Diaphragm) shows a normal right hemidiaphragm with slight elevation. Finally there is no evidence of (E-Effusion) or blunting of the costophrenic angle. (H-Hilum) There are no enlarged lymph nodes, or mass lesions. My interpretation is a normal chest radiograph.”

Labs

- CBC (complete blood count)
- BMP (basic metabolic panel)
- PT/INR, PTT.
- Lactate Dehydrogenase Serum
- Urinalysis



What are the normal values of the circled labs?

Why would you order a lactate dehydrogenase serum and urinalysis?

A markedly elevated LDH at diagnosis or at a follow-up visit may indicate distant metastases, especially in the lung and liver. A urinalysis will show to be dark.

Diagnosis?

- What is your primary diagnosis?
 - Malignant melanoma
- What are your differential diagnoses?
 - Nevus
 - Sebaceous carcinoma
 - Squamous cell carcinoma
 - Basal cell carcinoma
 - Lentigo maligna melanoma
 - Pigmented spindle cell tumor

Plan

- What further imaging would you order?
 - PET SCAN, CHEST Xray since metastasis is to the lungs 15%, and Liver scan
- Would you refer the patient out or excise the skin lesion yourself?
 - Refer to oncology for pre-excision chemotherapy. Refer to General Surgery if lymph nodes are palpable since it would indicate stage 2 melanoma
- What type of biopsy would you perform on the skin?
 - Do an incisional biopsy should be made through most malignant appearing. Shave biopsy is for benign lesions.
- What is your differential diagnosis for skin lesion?
 - Melanoma, Squamous Cell Carcinoma, Basal Cell Carcinoma

Rapid Fire Questions

- What are the ABCDE of malignant melanoma?
 - Asymmetry, Border, Color, Diameter, Evolving
- What is a PET Scan?
 - A positron emission tomography
- Why do you get a chest Xray?
 - metastasis is to the lungs 15%
- What is the importance of palpating lymph nodes?
 - If a mass felt, then its stage 2. General surgery should excise the mass and biopsy the sentinel node should be performed
- When do you do a biopsy sentinel node?
 - Stage 2 melanoma
- Tell the types of skin biopsies.
 - Excisional, incisional, shave, and punch biopsy

Rapid Fire Questions

- When do you refer to a General Surgeon?
 - If lymph nodes are palpable, need to have biopsy sentinel node and possible BKA or AKA
- What is the Breslow Classification?
- What is the Clark Classification?
- What are the mortality rates for the above classification?

Clarks's Classification (anatomic)

- Level I: Epidermis
- Level II: Part of papillary dermis
- Level III: Full papillary dermis
- Level IV: Full reticular dermis
- Level V: Sub Q tissue

Breslow's Depth (5-year survival rate)

- 0.75mm or less (97%)
- 0.76-1.5mm (87%)
- 1.51-3.5mm (67%)
- >3.5mm (40%)



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Thank You