

Common Skin Conditions In and Around the ear



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Overview

- ❖ Variety of skin conditions that you may be exposed to
- ❖ Important to recognise:
 - ❖ When to refer
 - ❖ Urgency of referral

Overview

- ❖ What not to miss
- ❖ Common skin conditions
- ❖ Not so common skin conditions
- ❖ Short quiz at the end

What not to miss



Skin Cancers



Melanoma

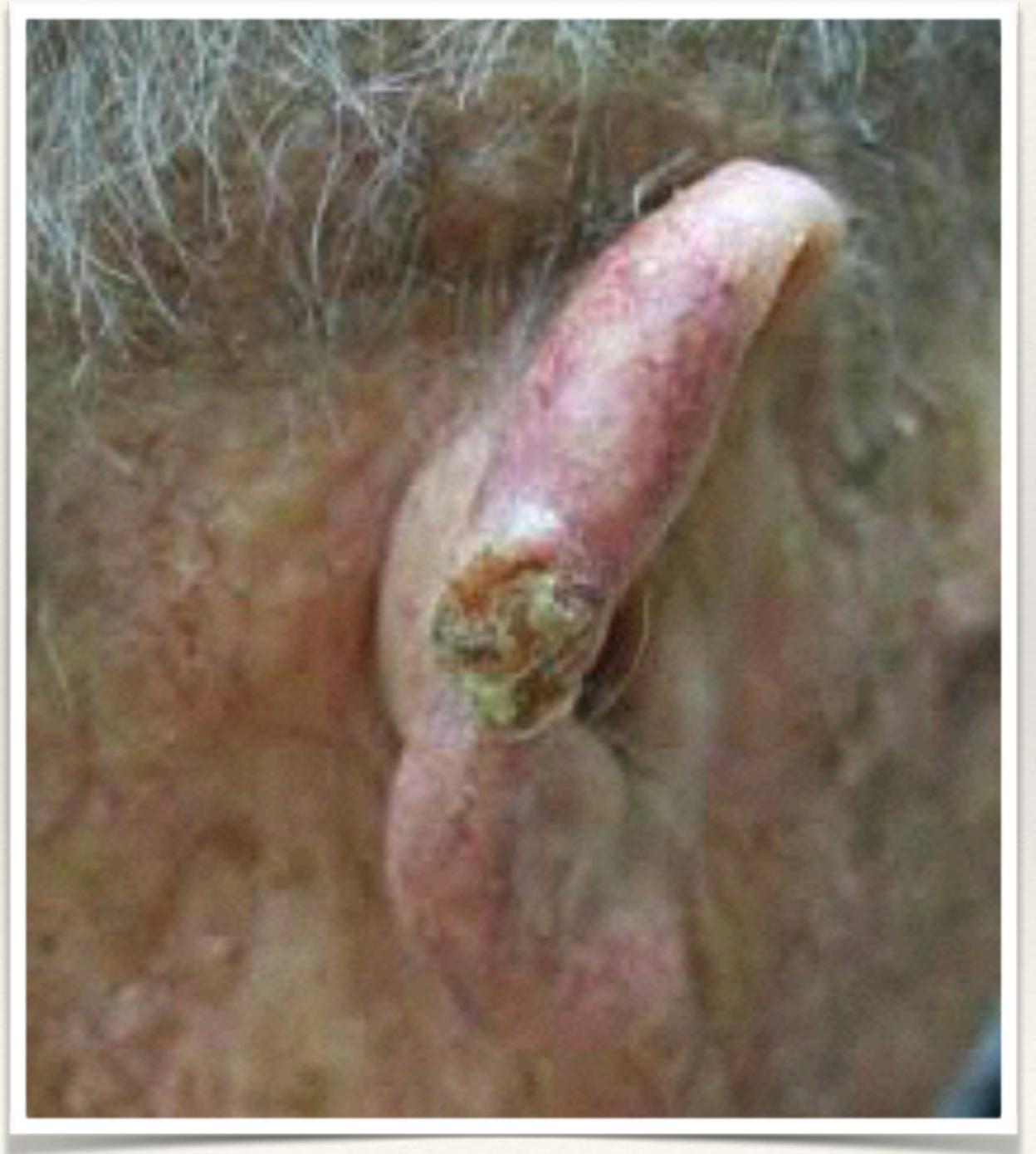
- ❖ lesion may stand out: 'ugly duckling sign'
- ❖ multiple colours
- ❖ irregular border
- ❖ asymmetrical
- ❖ patients may report change of the lesion over a period of time





Squamous Cell Carcinomas

- ❖ Non melanoma skin cancers
- ❖ Tender when palpated
- ❖ Crusted
- ❖ Indurated
- ❖ Can metastasise infrequently





Basal Cell Carcinomas

- ❖ Least sinister of all the skin cancers
- ❖ Various types
- ❖ flesh coloured nodules, ulcerate, bleed easily

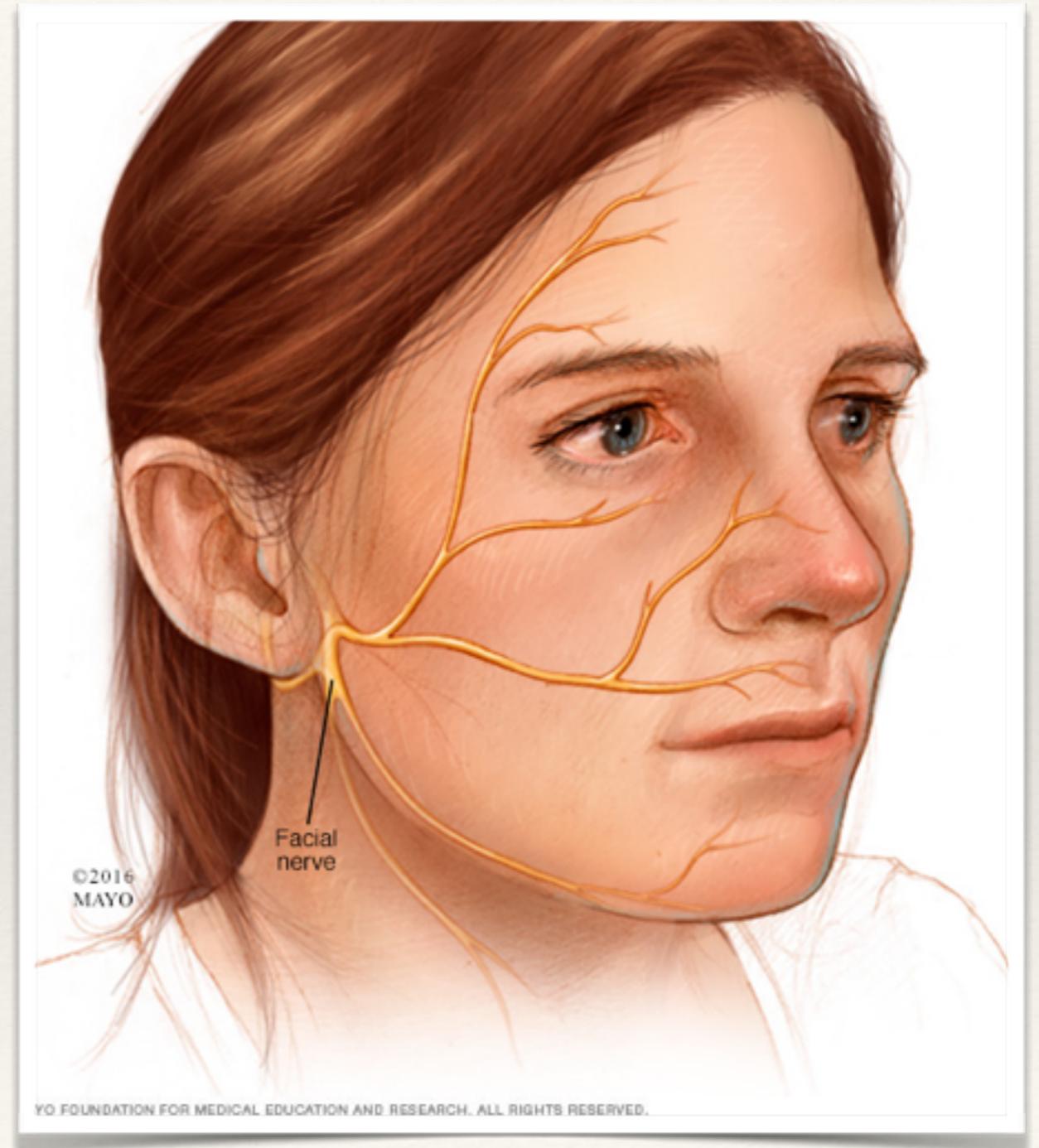


Infections



Varicella Zoster

- ❖ 'Ramsay-Hunt' Syndrome
- ❖ pain affecting the face and ear
- ❖ can cause facial paralysis and permanent deafness
- ❖ prompt recognition and treatment can reduce the risk of long term complications



Common Skin Conditions

actinic keratosis

seborrheic keratosis

gouty tophi

keloid scars

chondrodermatitis nodularis helices

psoriasis

atopic dermatitis



Actinic Keratosis

- ❖ 'sun spots'
- ❖ very common
- ❖ scaly lesions on the helix of the ear
- ❖ not tender
- ❖ easy to treat
- ❖ may have areas of sun damage elsewhere



Seborrheic Keratosis

- ❖ warty lesion
- ❖ increased number of lesions as the patient gets older
- ❖ benign



Gouty tophi

- ❖ associated with gout (deposition of uric acid crystals)
- ❖ nodules on the ear
- ❖ can also develop nodules around fingers / toes / elbows



Keloid scars

- ❖ abnormal scarring process
- ❖ wide variety of treatment options available for patients
- ❖ harmless, do not change into anything more sinister



Chondrodermatitis Nodularis Helicis (CDNH)

- ❖ affects ear cartilage
- ❖ due to pressure between the head and pillow at night
- ❖ may ulcerate
- ❖ often very painful
- ❖ need to exclude a skin cancer in certain cases - hence good for patient to be referred for assessment



Psoriasis

- ❖ common
- ❖ red, scaly patches often affected external ear canal, behind the ear
- ❖ may have areas of psoriasis elsewhere
- ❖ depending on severity of psoriasis- lots of treatment options available for patients



Atopic dermatitis / Eczema

- ❖ common skin complaint
- ❖ itchy, red scaly areas
- ❖ often not as well demarcated as psoriasis
- ❖ may represent an allergy to nickel
- ❖ may have areas of eczema elsewhere



Not so common skin conditions

chillblains

juvenile spring eruption

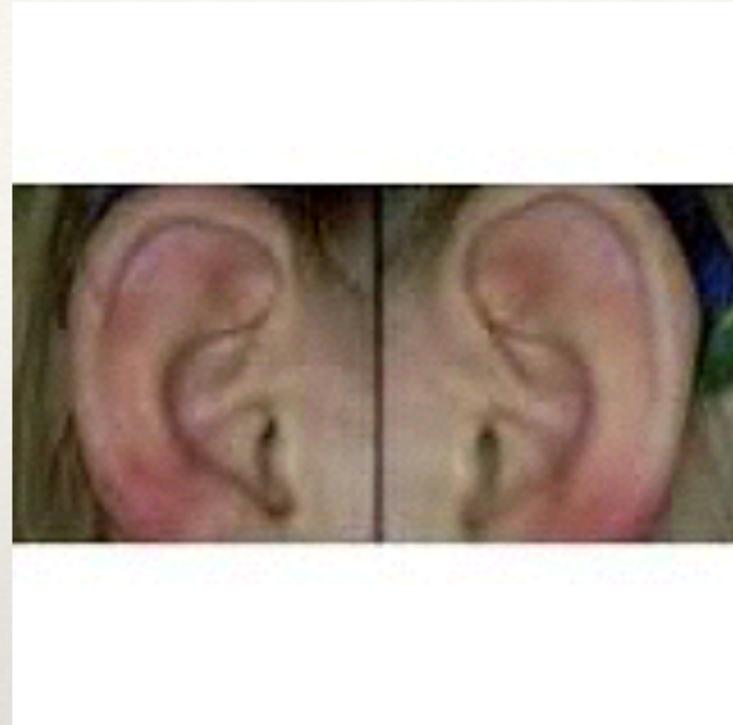
cutaneous lupus erythematosus

relapsing polychondritis



Chilblains

- ❖ itchy red / purple nodules
- ❖ occur during exposure to cold
- ❖ mainly affects the extremities
- ❖ they may also have a history of chilblains affecting the toes / fingers
- ❖ may be due to underlying connective tissue disease



Juvenile Spring Eruption

- ❖ often seen in early spring - sun induced skin condition on light exposed skin of the ears
- ❖ young age group - often boys
- ❖ redness, itch, pain of the ear helix
- ❖ need to treat with topical steroids
- ❖ often recurs - most seen on the first sunny day of the year



Discoid Lupus Erythematosus

- ❖ autoimmune skin condition
- ❖ persistent scaly patches - can cause pigmentary change, localised hair loss, heal with scarring
- ❖ more common in females



Relapsing Polychondritis

- ❖ autoimmune condition
- ❖ recurrent episodes of swelling, redness, pain of the cartilage of the ear
- ❖ causes destruction of the cartilage in the long term
- ❖ can affect other cartilage in the body, hence important to recognise and refer



Quiz

Would you be worried?

- ❖ Yes
- ❖ No



Would you be worried?

- ❖ *Yes - melanoma*
- ❖ No



Would you be concerned?

- ❖ Yes
- ❖ No



Would you be concerned?

- ❖ Yes
- ❖ *No - seborrheic keratosis*



What is the diagnosis?

- ❖ Basal cell carcinoma
- ❖ Relapsing polychondritis
- ❖ Chillblains
- ❖ Keloid scar



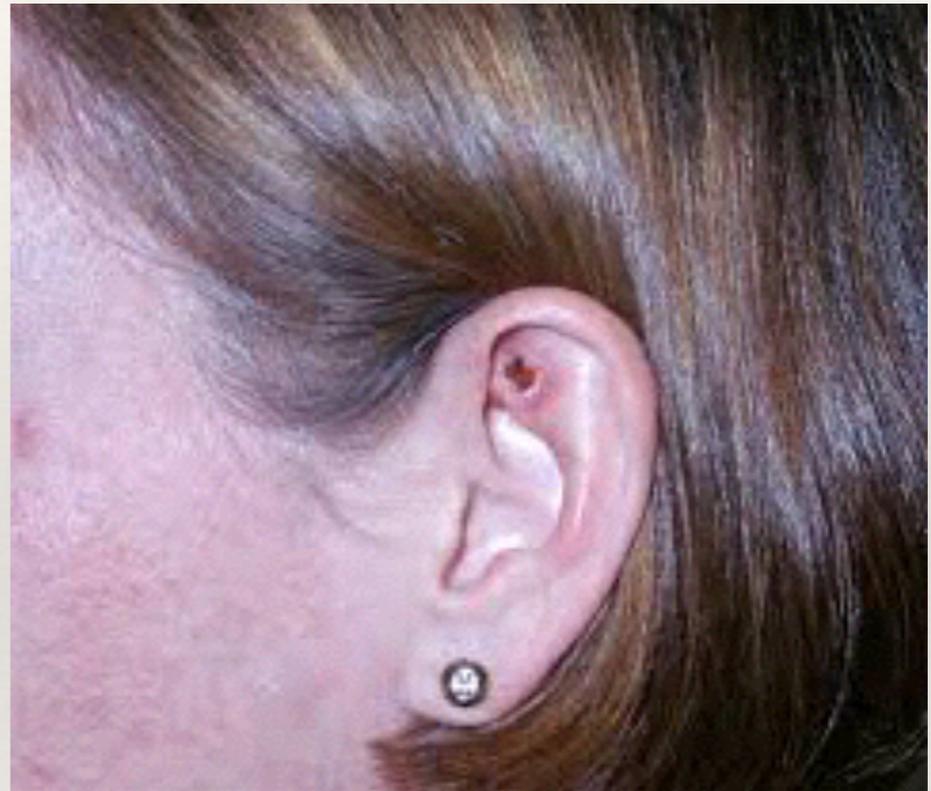
What is the diagnosis?

- ❖ Basal cell carcinoma
- ❖ Relapsing polychondritis
- ❖ Chillblains
- ❖ *Keloid scar*



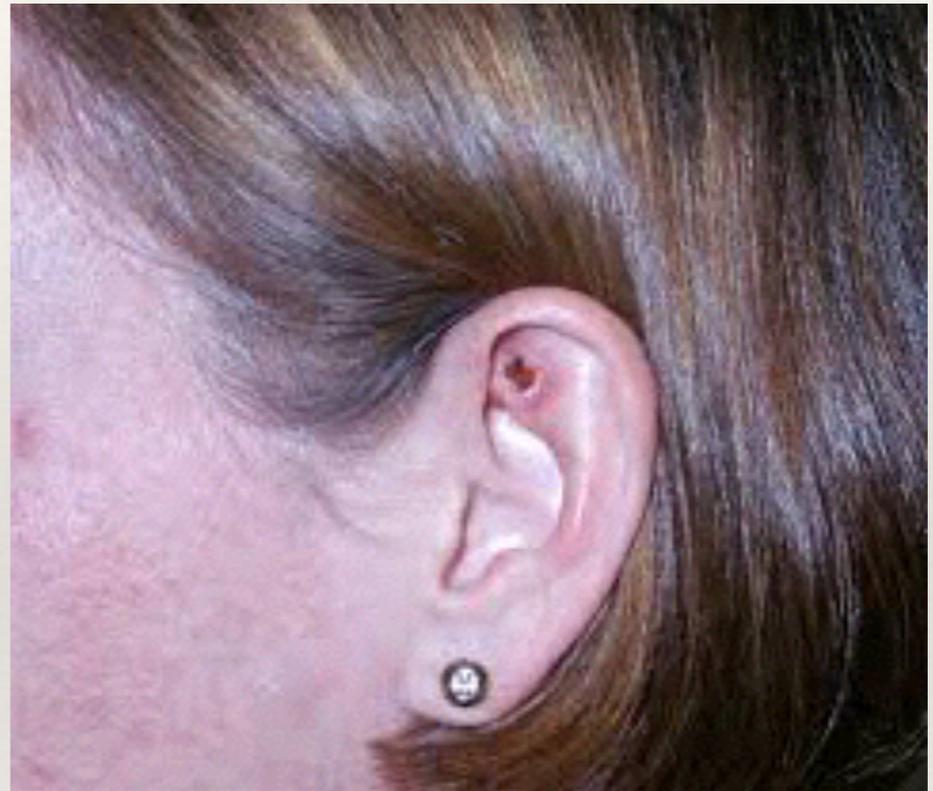
What is the diagnosis?

- ❖ Chillblains
- ❖ Psoriasis
- ❖ Melanoma
- ❖ Basal cell carcinoma



What is the diagnosis?

- ❖ Chillblains
- ❖ Psoriasis
- ❖ Melanoma
- ❖ *Basal cell carcinoma*



What is the diagnosis?

- ❖ solar keratosis
- ❖ squamous cell carcinoma
- ❖ melanoma
- ❖ seborrheic keratosis



What is the diagnosis?

- ❖ solar keratosis
- ❖ *squamous cell carcinoma*
- ❖ melanoma
- ❖ seborrheic keratosis



What is the diagnosis?

- ❖ varicella zoster
- ❖ eczema
- ❖ psoriasis
- ❖ chillblains



What is the diagnosis?

- ❖ varicella zoster
- ❖ eczema
- ❖ *psoriasis*
- ❖ chillblains



What is the diagnosis?

- ❖ Squamous cell carcinoma
- ❖ Solar keratosis
- ❖ Discoid lupus erythematosus
- ❖ Chondrodermatitis Nodularis Helicis



What is the diagnosis?

- ❖ Squamous cell carcinoma
- ❖ Solar keratosis
- ❖ Discoid lupus erythematosus
- ❖ *Chondrodermatitis Nodularis Helicis*



Conclusion

- ❖ lots of different diagnosis are possible
- ❖ important thing to ask yourself
 - ❖ is it concerning ?
 - ❖ how urgently does a referral need to be organised?
 - ❖ would the patient benefit from further treatment?

Questions??



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- ❖ Good resource: dermnetnz.org
 - ❖ friyana.bhabha@outlook.com