

Abstract

Clin Exp Dermatol. 2005 Jul;30(4):388-90.

Nutritional deficiencies and the skin.

MacDonald A, Forsyth A.

Department of Dermatology, Glasgow Royal Infirmary, Glasgow, Scotland.

BACKGROUND: Malnutrition states are relatively uncommon in the UK but we have seen two recent cases which have heightened our awareness of both dermatological manifestations of malnutrition and of nutritional sequelae of a dermatological problem.

CASE STUDIES: Case 1 is a patient with anorexia nervosa presenting with features of pellagra. This condition is due to deficiency of niacin and responds rapidly to replacement therapy. Classical presentation is an erythematous rash on photoexposed sites, often related to heat or friction. There are three reported cases of pellagra occurring in patients with anorexia nervosa. Case 2 is an adult atopic with sensitizations to multiple foodstuffs. A self-imposed restriction diet caused multiple nutritional deficiencies.

CONCLUSION: Restriction diets in adult atopics are not particularly common in the UK, but there is some evidence to suggest that they may cause significant nutritional deficiency. A nutrition screen may be indicated more frequently than is currently recognized.

PMID: 15953078

