

Hard, Red Lesion on Scapula

Benjamin Barankin, MD, FRCPC

A 47-year-old, Asian female presents with a red, hard lesion on her scapula after a cyst was removed from that area a few years earlier. It is occasionally itchy and painful. She has a history of hypertension which is controlled by lifestyle measures.

What is your diagnosis?

- Keloid scar
- Dermatofibroma
- Foreign body granuloma
- Dermatofibrosarcoma protuberans
- Basal cell carcinoma

Answer

A keloid scar (**answer a**) is an abnormal scar that extends beyond the boundaries of the original injury or surgical site. It can be associated with pruritus and pain in some patients. The most common location is the upper body, particularly the earlobes, chest, shoulders and upper back. Keloids are much more common in Black, Asian and Hispanic patients, and there is often a familial predisposition. Skin surgery or other trauma can elicit a keloid, but so can acne or skin infections.

The best advice for keloids is to try to prevent them by managing acne on the trunk of predisposed people, as well as minimizing surgical interventions

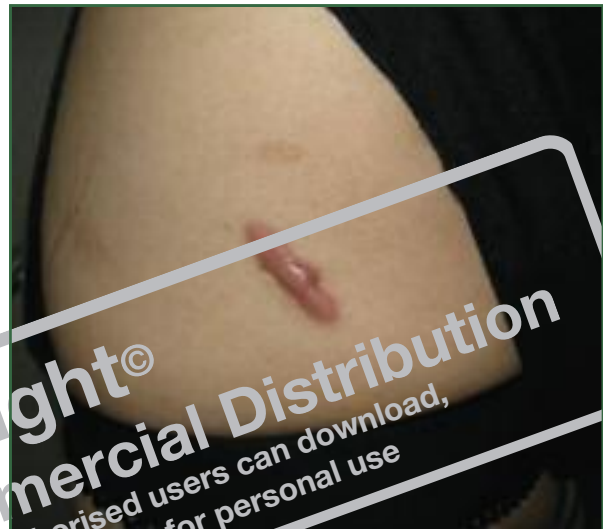


Figure 1: Hard Red Lesion on Scapula

where possible on the upper bodies of predisposed patients in this population. Treatment typically starts with intralesional triamcinolone acetonide. Liquid nitrogen cryotherapy can be a useful adjunct in treating light skinned patients. Lasers can be helpful, as can excision of a keloid followed by intralesional cortisone or topical imiquimod. Occasionally, radiation is employed, and pressure dressings like earlobe clips for earlobe keloids can be helpful.

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Dr. Barankin is a Dermatologist practicing in Toronto, Ontario.