

Necrobiosis lipodica

■ Physical Findings

■ Lesions are usually limited to the anterior shins but may be seen on calves and thighs, and rarely on the arms, hands, feet and scalp.

■ They begin as round, violaceous patches and slowly expand. The advancing border is red, and the central area turns a characteristic orange-yellow brown. The central area atrophies and shows a shiny, waxy surface with prominent telangiectasias.

■ Ulceration may occur, particularly after trauma, in about 15% of cases. These ulcers are exquisitely tender.

■ The number or severity of lesions or ulcerations has not been correlated with the degree of diabetic control.

■ The course is unpredictable. Lesions usually heal with atrophic scarring, or can be chronic and recurrent.

[OCR from images:]