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Scabies and Dermoscopy: Diagnosis is Easier Now!

A 40-year-old man from Fethiye was admitted to our outpatient clinics with complaint of severe pruritus for four months. He stated that the pruritus is unbearable and got him into depression and affected his quality of life very negatively. The patient applied to 4 different doctors as 2 dermatologists and 2 internal specialists for his complaint. Several blood tests and two prick tests couldn't make a diagnosis. The given antipruritic treatments were also not beneficial.

Severe pruritus all over the body with night exacerbation has suggested us scabies. On physical examination, there were several prurigo papules on abdomen area and arms, and burrows on the inner side of fingers of the hand and lower abdomen.

Dermoscopic evaluation of the suspected lesion revealed delta sign that strengthened our diagnosis of scabies (Figure 1). Then a scraping smear was made from the region of delta sign. The material was treated with 20% potassium hydroxide and then microscopically examined and an adult sarcopt was observed (Figure 2).



Figure 1. The place shown with arrow is delta sign or jet sign, followed by the tunnel (jet trail sign)

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Figure 2. The adult sarcopt is seen on microscopic examination of the scrape which made from the region of the delta sign (400^x)

Patient diagnosed with scabies and 5% permethrin lotion was prescribed. After 1 week, the patient told us on telephone that the complaints had completely lost and he was able to sleep for the first time in the last few months.

The brown delta mark or jet corresponding to the parasite's head and fore legs, followed by the white linear segment corresponding to the tunnel, i.e. the trail sign (jet and trail), is a very specific finding in terms of scabies, and the dermoscopy is a simple and non-invasive method of diagnosing without the need for scrape (1). The value of the delta sign of scabies in dermoscopy has also been emphasized in the latest European scabies guide (2).

Tip;

Dermoscopic examination in patients with clinical suspicion of scabies can be a simple, fast and sensitive diagnostic tool.

References

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