

Severe Foot Dyshidrotic Eczema

Eczema Disidrótico Grave dos Pés

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A 51-year-old woman with no relevant medical history presented with an exuberant bullous rash on both feet, with a 2-month evolution. The lesions were limited to the plantar surfaces, with areas of scaling, particularly in the interdigital spaces. Extended itching, pain on touch, and feeling of heat were referred. The patient's job requires her to use steel-toe boots daily.

Initially, the patient was treated for fungal infection with no improvement. Advised to avoid work boots was given. After 5 days of treatment with local and systemic corticosteroid therapy (prednisolone 20 mg and clobetasol propionate 0.5 mg/g daily), the symptomatology improved significantly.

The estimated prevalence of dyshidrotic eczema in adults ranges from 0.05% to 10.6%.¹ Diagnosis is clinical, based on history and physical findings, and thus histopathology was not deemed necessary.² Dyshidrotic



FIGURE 1. Bullous dyshidrotic eczema on right sole.

tic eczema may be triggered by allergic or irritant contact, such as occupational exposure. In this case, the episode occurred during the summer, and although the lesions persisted even when the patient was away from the workplace, there was a clear worsening of symptoms associated with the use of steel-toe boots, suggesting that while occupational exposure was a

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FIGURE 2. Bullous dyshidrotic eczema on left sole.

significant trigger, other factors may also have contributed. Patch testing for allergens (e.g., rubber, glues, chromium, metals) was not performed, as the diagnosis was clinical and such tests are not readily available in primary care.

Following initial remission, the patient experienced a relapse two months later. Despite consultation with occupational health services regarding alternative footwear, a change was not possible. The lesions regressed with corticosteroid therapy but recurred after cessation, indicating a chronic, relapsing course with professional implications. Avoidance of triggers and topical corticosteroids remain the first-line management for flares.

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CBF - Elaboração do manuscrito

LPC - revisão do manuscrito

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