



Heartland Dermatology

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Diseases of the Skin
Phototherapy
Mohs Micrographic Surgery for
difficult or recurrent skin cancers
Laser Surgery
Sclerotherapy
Collagen
Botox
Liposculpture

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Granuloma Annulare

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Granuloma annulare (gran-you-LOW-ma an-you-LAR-ay) is usually a self limited skin problem of unknown cause. It can start at any age although it is predominantly seen in children and young adults. It usually appears for no known reason. There may be a hereditary predisposition in some cases and additional cases have been reported to occur after insect bites, sun exposure, or various viral infections.

It most commonly shows up as a localized ring-like rash without scale. In most cases the spots are not itchy or bothersome. In some cases it may appear in a more generalized fashion that involves larger areas of the body but instead of being ring like may be small red bumps.

Laboratory tests are usually not needed although a skin biopsy is performed in some cases to distinguish it from other diseases which might show up in a similar fashion .

Since this process is generally of no medical consequence and most patients have no symptoms, treatment is not necessary in some cases. Treat-



This is a typical lesion on the hand. It has a ring-like shape similar to ringworm but isn't scaly at all (ringworm usually is scaly). The ring is firmer than normal skin and sometimes the center of the ring is somewhat discolored.

ment with topical steroids creams may be useful and in resistant cases, injection of steroids into the skin lesions can be very effective.

If left untreated, half the time the disease will disappear on its own within two years. It may recur, usually in the same area, in about 50% of cases. Recurrent lesions often disappear more rapidly than the original ones, and 80% of them resolve within two years.