Snapshot

Prurigo pigmentosa: the "keto rash"

Blake P Mumford[1]

Anita Lasocki[2]

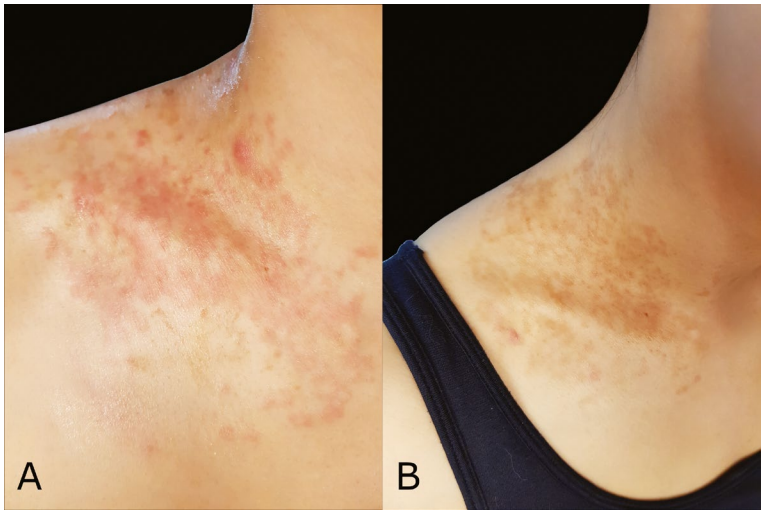
1 Skin Health Institute, Melbourne, VIC.

2 St Vincent's Hospital, Melbourne, VIC.

blake.mumford@indoctrinate.com.au

doi: 10.5694/mja2.51162

A 29-year-old Korean woman presented with a pruritic, reticulate, red-brown, papular eruption overlying her clavicle and neck, occurring in the setting of carbohydrate restriction (Figure, A and B). Medical history included polycystic ovarian syndrome, impaired fasting glucose, and anorexia nervosa (in remission). Biopsy revealed non-specific changes and a clinical diagnosis of prurigo pigmentosa was made. Rapid resolution occurred with minocycline and re-introduction of complex carbohydrates.



Prurigo pigmentosa is a rare inflammatory dermatosis usually seen in Japanese women and associated with ketosis.[1,2] Misdiagnosis as eczema is common; unlike eczema, it does not respond to topical corticosteroids.[1] A reticular rash affecting the upper torso could represent prurigo pigmentosa, particularly in the context of increasingly popular ketogenic diets.

Competing interests: No relevant disclosures.

Provenance: Not commissioned; externally peer reviewed. ■

© 2021 AMPCo Pty Ltd

References are available online.

1 Michaels JD, Hoss E, Dicaudo DJ, Price H. Prurigo pigmentosa after a strict ketogenic diet. *Pediatr Dermatol* 2015; 32: 248–251.

2 Beutler BD, Cohen PR, Lee RA. Prurigo pigmentosa: literature review. *Am J Clin Dermatol* 2015; 16: 533–543. ■