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Journal

Dermatology Online Journal, 27(8)

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Publication Date

2021

DOI

10.5070/D327854695

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Milia-like calcinosis cutis in Down syndrome: a new case with a review of the literature

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Abstract

We report an 11-year-old girl who presented with white papules on the dorsal and palmar region of the hands bilaterally. The parents reported that the lesions had appeared four months before and some had resolved spontaneously. The girl was suffering from celiac disease, Down syndrome, and alopecia areata treated with topical corticosteroids. At the first visit, the girl presented with alopecia areata, corticosteroid acne, and a dozen white papules located on the hands. On dermoscopy, a whitish structureless area was seen. Histological examination showed the presence of calcium deposits without tissue damage, thus confirming the diagnosis of milia-like idiopathic calcinosis cutis. At 6-month follow up, the lesions had completely disappeared. Milia-like idiopathic calcinosis cutis is a benign cutaneous disorder consisting of calcium deposits in an apparently undamaged dermis and is typically associated with Down syndrome. Up to a quarter of patients have coexisting syringomas. The milia-like papules tend to self-resolve as patients reach adulthood, so a wait-and-see approach is recommended.

Keywords: calcinosis, cutis, milia-like, Down syndrome

Introduction

Patients with Down syndrome may present with various dermatologic manifestations, including alopecia areata, atopic dermatitis, single transverse palmar crease, scrotal tongue or macroglossia, and xerosis. A much more uncommon finding is milia-like

calcinosis cutis, [1,2]. Milia-like idiopathic calcinosis cutis is a benign disorder characterized by the presence of multiple, small, white papules usually localized to the hands and feet. It was first described by Sano et al. in 1978 in a patient affected by Down syndrome [3] and termed milia-like calcinosis cutis by Smith in 1989 [4]. Herein, we report an additional patient with milia-like calcinosis cutis and Down syndrome and review all the published cases.

Case Synopsis

An 11-year-old girl presented because of the appearance of a dozen white papules localized on the dorsal and palmar surface of the hands of four months duration (**Figure 1A, B**). The mother reported the spontaneous resolution of some of the papules after the application of emollients. The girl was suffering from Down syndrome, alopecia areata, and celiac disease. She underwent adeno-tonsillectomy at the age of eight years. She had no cardiopathy or other major comorbidities of Down syndrome. Routine laboratory investigations, including blood cell count, kidney and liver function tests, glucose, and calcium and phosphate serum levels were within the normal range. No morphological alterations were found in thyroid ultrasound.

At the initial visit the patient also presented with corticosteroid-induced acne on the forehead, caused by the topical corticosteroid treatment of alopecia areata, palpebral milia on the upper eyelids, and 13 painful white papules not surrounded by erythema,

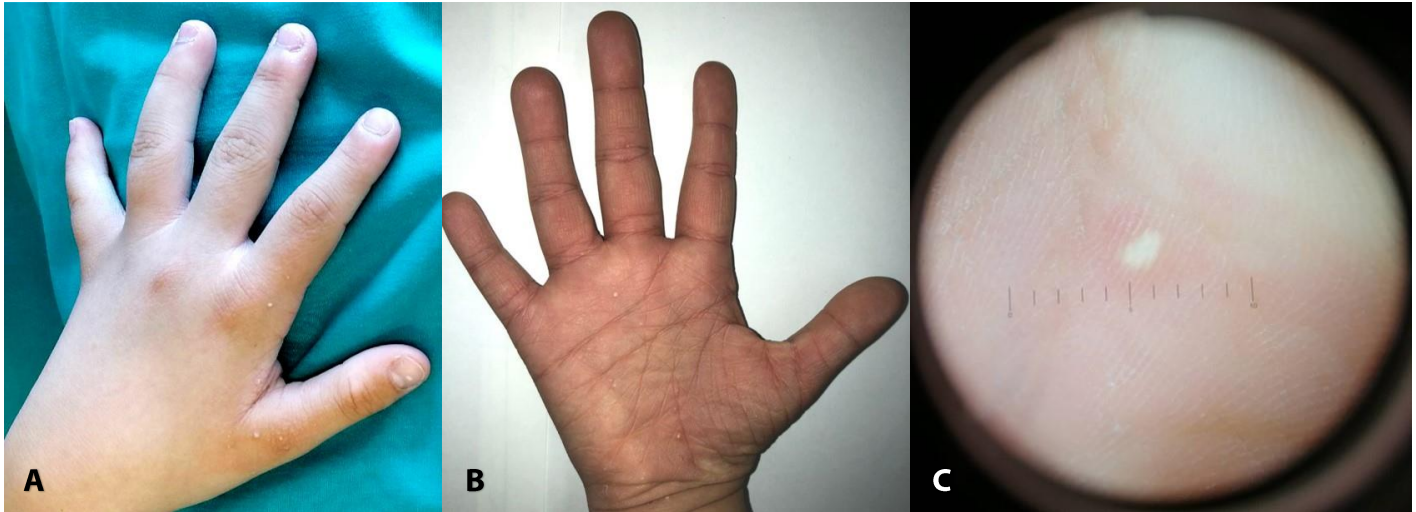


Figure 1. **A)** Dorsal and **B)** palmar white papules on the hands in a 11-year-old girl; **C)** homogeneous, round, smooth, symmetric white papule on dermoscopy.

1-3mm in size bilaterally distributed on the hands on both the dorsal and palmar aspects. Dermoscopy revealed homogeneous, round, smooth, symmetric white lesions (**Figure 1C**).

Histological examination of one papule showed a subepidermal well-circumscribed, oval calcified nodule, surrounded by a strip of fibrous tissue and a focal collection of CD68+ macrophages (**Figure 2**). Epidermis and dermis were otherwise unremarkable.

Daily application of emollients was recommended. At a 6-month follow-up, the previous lesions had spontaneously self-healed, while some new ones had appeared.

Case Discussion

Cutaneous calcinosis is classified into dystrophic, metastatic, idiopathic, iatrogenic and calciphylactic forms [5]. Unlike dystrophic and metastatic calcification or calciphylaxis, milia-like calcinosis cutis is characterized by a deposition of calcium without tissue damage and by normal serum values of calcium and phosphates [5-7]. The etiopathogenesis is not known but it seems that repeated trauma may be a trigger for the appearance of calcinosis. Moreover, it has been speculated that an excessive concentration of calcium in the sweat glands may be one of the causes, but it has never been demonstrated [7]. Although cases of healthy

children with milia-like calcinosis cutis have been described [8-14], many cases of milia-like calcinosis cutis have been reported in association with Down syndrome [15-20].

A total of 33 reports were screened and included, using the terms "milia," "milia-like," "calcinosis,"

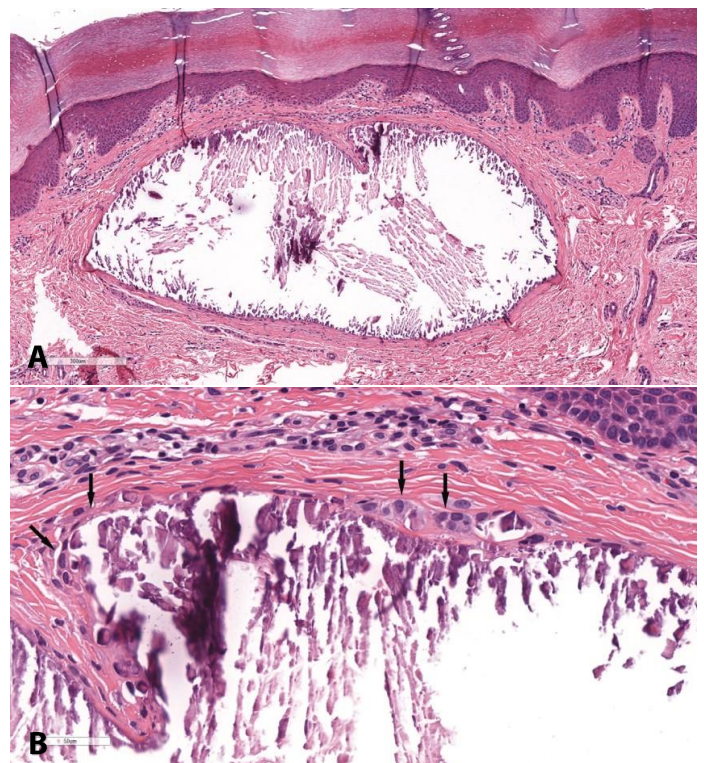


Figure 2. H&E histopathology; **A)** subepidermal well-circumscribed, oval calcified nodule, surrounded by a strip of fibrous tissue, 80 \times ; **B)** with a focal collection of CD68+ macrophages indicated by arrows, 400 \times .

“calcinosis cutis,” and/or “Down’s syndrome.” Since the first description in 1978, milia-like calcinosis cutis has been described in 15 healthy patients and 20 patients with Down syndrome (**Table 1**). The disease occurred in both sexes equally and mainly during childhood. Thus far, at least four cases have been described in adult patients [21-23]. Disease duration ranges from one month to nine years, with a median of 18 months.

Different skin areas may be affected, but most cases involve the hands and feet, both on the dorsal and palmo-plantar surfaces. Milia-like idiopathic calcinosis cutis clinically presents with white papules that may or may not be surrounded by an erythematous halo; some may even perforate by trans-epidemic calcium elimination [24-27]. Dermoscopically, the lesions appear as homogeneous white pattern in non-polarized light

Table 1. Milia-like calcinosis cutis: published cases 1978-2021.

Case	Gender/age	Down syndrome	Localization	Presence of Syringomas	Reference
1	M/0.5	-	Arms, legs	-	[31]
2	M/1.6	-	Feet	-	[12]
3	M/2	-	Sole	-	[9]
4	M/5	-	Forearms, knees, lower extremities	-	[6]
5	M/6	+	Hand, elbows, knees, legs, feet, face, wrists	-	[4]
6	M/7	+	Face, trunk, buttocks, pubic area	-	[29]
7	M/8	+	Hands	-	[28]
8	M/10	-	Thighs, scrotum, foreskin	-	[8]
9	M/10	+	Hand, feet	PLS	[34]
10	M/11	+	Hands, toe	PLS	[34]
11	M/11	+	Hands	-	[17]
12	M/12	+	Palms, soles	-	[15]
13	M/12	+	Hands, forearms, thighs, neck, face	PS/PLS	[24]
14	M/14	-	Hands, elbows, lips, knees	-	[10]
15	M/19	+	Hands	PS	[3]
16	M/48	-	Forehead	-	[23]
17	F/0.5	-	Hands, feet, knees	-	[11]
18	F/4	+	Hands, wrists	PS	[20]
19	F/5	-	Chin, neck, trunk, extremities	*	[36]
20	F/5	-	Thigh	-	[13]
21	F/5	+	Face, extremities	-	[19]
22	F/6	+	Hand, feet, face	-	[7]
23	F/6	+	Hands, feet	PS	[33]
24	F/6	+	Hands	-	[26]
25	F/7	+	Hands, feet	-	[16]
26	F/7	-	-	-	[32]
27	F/7	+	Hands	-	[18]
28	F/8	+	Hands, toe	-	[22]
29	F/8	-	Eyelids, hands	-	[37]
30	F/11	-	Pubis	-	[8]
31	F/11	+	Hands, feet	PS	[25]
32	F/11	+	Face, neck, hands, knees	S*	[30]
33	F/15	+	Hands, wrist	-	[27]
34	F/21	-	Hands	-	[14]
35	F/69	-	Face	-	[21]
36	F/11	+	Hands	-	Our case

F, female; M, male; PLS, perilesional syringomas; PS, palpebral syringomas; S*, plaque-type jaw syringoma; *subsequently developed multiple diffuse syringomas on legs, chest and abdomen.

and as a petaloid pattern in polarized light [22,28,29]. Histology shows a well-defined accumulation of dense, basophilic, Von Kossa positive material in the papillary dermis, surrounded by thick collagen fibers and sometimes histiocytes [10,30]. The differential diagnosis may include molluscum contagiosum, warts, milia, xanthomas, and epidermal inclusion cysts.

Milia-like idiopathic calcinosis cutis tends to disappear spontaneously in adulthood [7,22]. A wait and see approach is recommended given the benignity of milia-like calcinosis cutis, the tendency for spontaneous self-resolution in many cases, and the absence of painful or itchy symptoms. Furthermore, it is unnecessary to perform invasive or aggressive treatments that may lead to side effects, require anesthesia, or promote scarring [28,31]. Some authors have described cases of calcinosis cutis treated with topical tretinoin with some benefit [32]. Aristizabal et al. have successfully treated an adult patient affected by forehead milia-like calcinosis cutis with the CO₂ laser [23].

In eight out of thirty-six cases, syringomas have also been described. In particular, four patients had palpebral syringomas, two perilesional syringomas, one both palpebral and perilesional syringomas, and one plaque-type jaw syringoma [3,20,24,25,30,33,34]. To date, the association between milia-like calcinosis cutis and syringomas is still unclear, and syringomas concomitant with milia-like calcinosis cutis have only been described in Down syndrome patients.

Only one case of multiple syringomas developing eight years after milia-like calcinosis cutis has been

described in a non-Down syndrome child [35]. Given the high frequency of syringomas in Down syndrome patients, it is difficult to establish whether there is a causal link between milia-like calcinosis cutis and syringomas or whether they are two different manifestations that may frequently coexist in Down syndrome patients [10]. No cases of simultaneous celiac disease, Down syndrome, and alopecia areata, as in our case, have been previously described.

Conclusion

Milia-like idiopathic calcinosis cutis might be more common than previously believed. The strong association with Down syndrome calls for an accurate skin examination, including hands and feet, in all children with Down syndrome. Milia-like idiopathic calcinosis cutis is a benign skin condition that is important to recognize as the appearance of the lesions may be of concern to the patient or parents. It is therefore important to be able to reassure them. Given its tendency to self-resolution, a wait-and-see approach is recommended to avoid unnecessary treatment that could lead to scarring.

Potential conflicts of interest

The authors declare no conflicts of interest.

Acknowledgements: We thank Dr. Davide Geat for English revision of the manuscript.

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