

Swimming Pool Granuloma in Athletes

Background

1. General info
 - Rare, but may occur in swimmers
 - No limitation on participation

Pathophysiology

1. Pathology of disease
 - Mycobacteria marinum
 - Atypical mycobacterium located in fresh/salt water, home aquariums

Diagnostics

1. History
 - Localized pain and pruritis
2. Physical exam
 - Nonspecific skin lesions typically on knees, elbow, dorsum of hands and feet
 - Red-brown granulomas
 - Well demarcated papules or plaques
 - Lesions may ulcerate
3. Diagnostic testing
 - Biopsy and culture

Therapeutics

1. Rifampin 600mg PO QD and ethambutol 1.2g PO QD for 3-4 months
 - Continue treatment for 4-6 weeks after lesions resolve
2. Alternative treatment: Minocycline 100-200mg PO QD for 6-12 weeks

References

1. Adams BB. Dermatologic disorders of the athlete. Sports Med. 2002; 32(5):309-21.
2. Freiman A, Barankin B, Elpem DJ. Sports dermatology part 2: swimming and other aquatic sports. CMAJ. 2004 Nov 23; 171(11):1339-41. Review.

Author: Lisa Kafchinski, RN, *University of Nevada Reno FPRP*

Editor: Carol Scott, MD, *University of Nevada Reno FPRP*