

### Question 10 – October 7

An eighteen year old male present with the following pruritic papulovesicular rash of the buttocks, elbows and shins (see photo).



He has no GI symptoms. Skin biopsy reveals IgA immune complex deposition. His father has celiac disease. The next appropriate step in diagnosing and treating this disorder is:

- A. Colchicine
- B. EGD with small bowel biopsy
- C. HLA testing
- D. Serum protein electrophoresis
- E. Empiric trial of a gluten free diet

**Answer: E**

Dermatitis herpetiformis is closely associated with celiac disease with 80% having villous atrophy at time of diagnosis. Immediate therapy with a gluten-free diet and possibly Dapsone therapy is most indicated for this case.

#### **Reference:**

1. Sleisenger and Fordtran's Gastrointestinal and Liver Disease 9<sup>th</sup> edition pages 367-8.