

Question 16 – Week of February 22

A 52-year-old male presents with chronic watery diarrhea and abdominal pain that has been difficult to control with proton-pump inhibitor therapy. On physical exam, you notice multiple reddish-brown freckle-like lesions on his back and extremities. Based on your physical examination findings, you diagnose the patient with:

- A. Zollinger-Ellison syndrome
- B. Mastocytosis
- C. Glucagonoma
- D. Carcinoid syndrome
- E. Pheochromocytoma

Answer: B

Mastocytosis is characterized by mast cell infiltration of the skin and visceral organs, along with an increased release of histamine, leading to diarrhea and peptic ulcer disease. The skin findings are also known as urticaria pigmentosa. Patients with Z-E present with diarrhea and peptic ulcer disease due to an increase in gastrin release, but there are no typical skin findings. The skin findings associated with glucagonomas are of a scaly red eruption, often described as having a “wood grain” appearance, known as necrolytic migratory erythema. Patients with carcinoid syndrome often present with diarrhea, but the cutaneous findings are usually of flushing, as is also seen with pheochromocytoma.