

Question 31 – March 6

A 25 year old male presents to your office for evaluation of weight loss, non-bloody diarrhea, and increased flatulence. Physical examination reveals numerous pink to erythematous excoriated papules on his bilateral elbows, buttocks and posterior thighs. Which of the following is the most likely diagnosis?

- A. Crohn's disease
- B. Small bowel bacterial overgrowth
- C. Campylobacter gastroenteritis
- D. Celiac disease
- E. Irritable bowel syndrome

Answer: D

While the GI symptoms in the above scenario may be seen with all choices, only celiac disease is associated with these particular skin findings. Dermatitis herpetiformis is a skin condition closely associated with celiac disease, and is characterized by pruritic papules on the elbows, buttocks, and posterior thighs. The gastrointestinal symptoms and the skin findings both resolve with a gluten-free diet.

Reference:

Sleisenger and Fordtran, 9th Edition