

[PICTURES IN CLINICAL MEDICINE]

Hiker's Feet: Hidden Warning Skin Sign

Takeshi Saraya¹, Keisuke Kasuga¹, Mitsumasa Kishimoto² and Haruyuki Ishii¹

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Picture.

A 43-year-old previously healthy woman presented to our department due to progressive shortness of breath and arthralgia for a few weeks. A physical examination demonstrated the presence of roughness with hyperkeratosis and scaling at the pulp to the lateral surface of the first toe (Picture A, B), namely “Hiker's feet” (1), as well as mechanic's hands at the first fingers (figure not shown). Furthermore, periungual erythema, Gottron's signs in the elbows, knees, and dorsal surface of the hands (Picture C), and inverse (or reverse) Gottron's signs (2) in both palms were also noted

(Picture D). Auscultation revealed fine crackles at the left lower lung. Although serum anti-synthetase antibody was negative, she was ultimately diagnosed with anti-melanoma differentiation-associated gene 5 (MDA5) antibody-positive dermatomyositis and urgently treated with combination immunosuppressive treatments. Her Hiker's feet dramatically regressed three days after the initiation of therapy (Picture E) and subsided over the next two weeks. Hiker's feet can be used synonymously with mechanic hands; however, physicians should be alert for this easily missed sign (1) to

¹Department of Respiratory Medicine, Kyorin University School of Medicine, Japan and ²Department of Nephrology and Rheumatology, Kyorin University School of Medicine, Japan

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Correspondence to Dr. Takeshi Saraya, sara@yd5.so-net.ne.jp

ensure a rapid diagnosis of anti-synthetase syndrome and/or anti-MDA5-associated dermatomyositis.

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