Dermatofibroma: Common Tumour On An Uncommon Location And Age Group

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INTRODUCTION:
Dermatofibroma or superficial benign fibrous histiocytoma is a benign cutaneous lesion of unknown origin which presents as a common cutaneous nodule. It may develop at any age and location. Most commonly, it develops on lower extremities; however, it may develop on upper extremities with the hand being the atypical site. This case report presents a 5-year old girl with painful dermatofibroma of distal phalanx of her left hand which is a rare site of the lesion.

CASE REPORT
A five years old Malay girl presented with painful swelling over the distal phalanx of the left middle finger for the last two months. Clinically, there was a firm, tender, well demarcated swelling over the volar aspect of distal phalanx of the left middle finger. The swelling was mobile with no skin changes.

Figure 1. Anteroposterior and lateral X-ray of left hand showing increase soft tissue shadow at the tip of left middle finger

Excisional biopsy was performed. Intraoperatively, a whitish soft tissue mass measuring 1 x 0.5 cm was removed. It was not attached to any soft tissue or bone. (figure 2)

Figure 2. Whitish soft tissue mass at the left middle finger measuring 1 x 0.5cm

Figure 3. Histopathology of the soft tissue mass showed a circumscribed hypercellular tissue composed of bland spindle-shaped cells arranged in a whorl pattern in a collagenous background.

DISCUSSIONS:
Dermatofibroma usually develops on lower extremities, shoulder, and buttocks of middle-aged adults with slight female dominance [1]. As mentioned above, hands and digits are atypical sites for this kind of lesion. Thus, our case is atypical in terms of site and age. Similarly, Han et al. [2] studied 122 specimens from 92 patients retrospectively. They reported that most of the cases of DF were from middle age with 70% lesions developed on extremities, while hand and feet being the least sites of the lesion.

CONCLUSION
Although dermatofibroma is uncommon on fingers; however, it must be considered among differential diagnosis for any well circumscribed firm lesion on fingers at any age to avoid misdiagnosis.

REFERENCES: