Granuloma Annulare: A Review of 41 Cases at the National Skin Centre

H H Tan,* FAMS, MBBS, MRCP (UK), C L Goh,** FAMS, MD, FRCP (Edin)

Abstract

Introduction: Granuloma annulare (GA) is a benign, inflammatory skin disorder that has no proven aetiology or widely accepted theory of pathogenesis. We present the results of a local study examining the characteristics of this disorder. Materials and Methods: This is a retrospective study of 41 patients with granuloma annulare seen at a tertiary dermatological skin hospital in Singapore. The disease was classified based on whether it was localised or generalised. Remission rates and associated diseases were documented. Results: The majority (93.9%) of lesions were localised. GA tends to occur within the first three decades of life, and 39.4% of patients were 10 years old and below. There was a slight female preponderance, and no predilection for any particular racial group. Remissions were seen in 67.6% of patients who were followed up for at least 12 months, and remissions only occurred with the localised form of GA. There were 4 cases of disseminated GA and 1 case of perforating GA. There were 6 patients with associated diabetes mellitus, 2 with pulmonary tuberculosis, and 4 patients each with hypercholesterolaemia and a history of atopy. Conclusion: The characteristics of GA in our local population do not differ significantly from that of overseas studies. While localised forms of GA have a high chance of resolving, the generalised forms of the disease are difficult to treat and do not tend to resolve totally.

Key words: Disease association, Epidemiology, Histology, Inflammatory skin disorder

Ann Acad Med Singapore 2000; 29:714-8

---

* Associate Consultant
** Senior Consultant and Medical Director
National Skin Centre
Address for Reprints: Dr Tan Hiok Hee, National Skin Centre, 1 Mandalay Road, Singapore 308205.