



PRURIGO NODULARIS

Prurigo Nodularis (PN) is a skin condition in which hard crusty bumps form on the skin that give off crusts of intense itching. PN may not be bothersome for most of the day, but then a light brush of clothing can set off a round of severe itch. For many this only ends when the PN is scratched until it starts to hurt, but of course this then makes the lesion worse.

A PN sore is hard, and usually less than an inch across. The top is dry and rough and often scratched open. Old white scars are often found nearby from old sores. They tend to be in the areas most easily reached—arms, shoulders, and legs. There may be just a few or dozens.

Treatment is difficult. No one treatment is always effective and several treatments may need to be tried. Initial treatment is often potent prescription steroid creams. If these help, a milder cream can be used for longer-term control. Antihistamine pills are often added for additional relief. Intralesional steroid injections, anti-depressant pills, and phototherapy may help many of those not improved with the usual treatments.