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국소 스테로이드 도포와 triamcinolone 주사로 호전된 twenty nail dystrophy의 1예
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이윤나, 정호정, 김유리, 정재욱, 박현정, 한형진, 황영지, 김지영, 이양원, 최용범, 안규중

이십손발톱이상증 (Twenty nail dystrophy)은 후천적으로 다수의 또는 20개의 손발톱 모두에서 광택이 소실되고 새로운 능선 (longitudinal ridging) 나타나고 얇아지고 잘 부스러지 는 질병이다. 소아와 성인기 모두에 나타날 수 있으며 폰평 태선, 친선, 원형탈모증 등 다른 피부질환과 동반되어 나타나는 경우도 다수 보고되고 있다. 이십손발톱이상증의 정확한 원인은 아직 밝혀지지 않았으며, 따라서 치료를 제기하는 근본적인 치료를 하는 어려움. 일반적으로 시행되는 국소 스테로이드제 도포나 주사 요법의 효과 또한 뚜렷하지 않다고 알려져 있으며, 재발하는 경우도 많다. 본 증례에서는 이십손발톱이상증으로 사료되는 세 여자환자에 대해 고전적인 치료인 주사 치료와 triamcinolone의 diflucortolone 국소 도포로 효과적인 치료된 경험을 보고하는 바이다.

키워드 : Twenty Nail Dystrophy, Triamcinolone

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A case of long-pulse Nd:YAG laser for the treatment of onychodystrophy
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Onychodystrophy is a common, chronic disorder of the nails. Its symptoms are variable, and may present with discoloration, thickness, ridging and brittleness of the nails. Therapeutic modalities have traditionally included topical steroid and/or local triamcinolone injection, none of which were not wholly effective each of the cases. In the present study, we have explored the efficacy of long-pulse Nd:YAG laser in the treatment of onychodystrophy. We herein reported a case of onychodystrophy in a 73-year-old woman. She had a nearly 10-year history of whitish hyperkeratotic plaques on both big toe nails. We administered long pulse Nd:YAG laser sessions before and following her up after 5 weeks. The whitish discoloration was less evident and the nail plate appeared more durable compared to the pre-treatment period.

키워드 : Onychodystrophy, Nd:YAG laser

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Idiopathic pterygium inversum unguis: successful management with topical retinoid
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Pterygium inversum unguis (PIU), also known as ventral pterygium, is an abnormality in which the distal portion of the nail bed remained adherent to the ventral surface of the nail plate with obliteration of the distal groove. PIU may cause pain or tenderness when trying to grasp objects with fingertip. It may be congenital or acquired. The acquired form may be idiopathic or secondary to systemic connective tissue diseases like systemic sclerosis and lupus erythematosus. Regarding to the pathogenesis of the idiopathic forms, it has been suggested that PIU is a condition that results from the persistent, abnormal extension of the zone of the nail bed that normally contributes to the formation of the nail plate. The management of PIU is not well defined; it seems a condition difficult to treat with poor response to topical steroids. Therefore, suggestions only have been made to treat the underlying cause. Herein, we report a case of idiopathic PIU, which was successfully treated with a topical retinoid. A 20-year-old man had subungual hyperkeratotic thickening at the base of both second fingernails since childhood. He had no evidence of scleroderma or Raynaud’s phenomenon. The older sister had a similar problem on her toe nails. Topical retinoic acid was applied twice daily to the lesions at a concentration of 0.025%. After 12 weeks of treatment, much improvement was observed with no side-effects until now.