

# CHAPTER 13

## ERYTHEMA NODOSUM (L52)

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### REMEMBER

- ▶ Panniculitis is a collective term for a group of inflammatory diseases involving subcutaneous fat.
- ▶ Panniculitis are histologically subdivided according to the location of the predominant amount of inflammation:
  1. in the intralobular septa or,
  2. in the fat lobule itself.
- ▶ Erythema nodosum (EN) is the most common form of panniculitis and is the prototype of septal panniculitis.
- ▶ The incidence of EN varies according to ethnic, geographic, precipitating and racial differences. The worldwide prevalence of the disease is estimated at 1-5 per 100,000 people.
- ▶ Among adults, EN is about five times common in women compared to men. There is no gender difference in children up to the age of 12. Although the disease can occur at any age, it is more frequent between the second and third decades of life.
- ▶ Erythema nodosum is considered a hypersensitivity response to various antigenic stimuli. Many factors have been identified in the etiology. However, 32-72% of EN cases are idiopathic.

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## ERİTEMA NODOZUM (L52)

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### HATIRLA

- ▶ Pannikülit, deri altı yağ içeren bir grup inflamatuvar hastalık için ortak bir terimdir.
- ▶ Pannikülitler, baskın miktarda inflamasyonun konumuna göre histolojik olarak alt bölümlere ayrılır:
  1. intralobüler septada veya
  2. yağ lobülünün kendisinde.
- ▶ Eritema nodozum (EN) en sık görülen pannikülit formudur ve septal pannikülitin prototipidir.
- ▶ EN insidansı, etnik, coğrafik, tetikleyici faktör ve ırksal farklılıklara göre değişir. Dünya çapında hastalık prevalansının 100.000 kişide 1-5 arasında olduğu tahmin edilmektedir.
- ▶ Yetişkinler arasında, EN kadınları, erkeklere göre yaklaşık beş kat daha fazla tutar. Çocuklarda 12 yaşına kadar cinsiyet açısından bir fark yoktur. Hastalık her yaşta ortaya çıkabilmesine rağmen, daha çok ikinci ve üçüncü dekatlar arasında görülür.
- ▶ Eritema nodozum, çeşitli antijenik uyaranlara karşı aşırı duyarlılık yanıtı olarak kabul edilir. Etiyolojide birçok faktör suçlanmıştır. EN vakalarının %32-72'si ise idiopatiktir.
- ▶ EN' de en yaygın tanımlanabilir nedenler arasında gebelik, streptokok enfeksiyonları, Behçet Hastalığı, primer tüberküloz, inflamatuvar bağırsak hastalıkları ve sarkoidoz yer alır. Bazı ilaçlar, aşılarda ve neoplaziler de EN tablosunu tetikleyebilir.

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