

# Major Depressive Disorder masquerading as Skin Purpurae in a case of Gardner-Diamond Syndrome.

Dr. Govani SP<sup>[1]</sup>, Dr. Prajapati NK<sup>[2]</sup>

[1] Second Year Resident. [2] Assistant Professor.

Department of Psychiatry, Govt. Medical College, Surat.

## Introduction:

- Gardner-Diamond Syndrome is a rare neurocutaneous disorder.<sup>[1]</sup>
- It occurs in young females with underlying psychiatric disorders.
- It is characterized by recurrent self-limiting painful ecchymoses.
- Autosensitization of patients to their own blood, mainly to phosphatidylserine [phosphoglyceride of red blood cell (RBC) membrane] plays an important role in the pathogenesis.
- They usually present in dermatology and are referred to psychiatry.

## Case Report:

- A 17-year-old female presented to dermatology with complaints of **multiple painful purpurae over bilateral forearms and breasts** for 5 days before presentation to a hospital.
- The patient had a similar history 1 year back which had disappeared in between. As the dermatologist found some **psychological stressor** and distress in her interview, she was referred to psychiatry.
- She reported having the complaints of **reduced sleep, reduced appetite, reduced interest in daily activities, sadness of mood, crying spells, loneliness, rumination of thoughts since the last 1 year**, beginning after her family's **financial condition**, her father being the sole earner of the family.
- She wished to study further, but was afraid that it wouldn't happen due to financial constraints. Ever since then, she'd started intermittently developing painful purpurae over her forearms and breasts.
- She was started on **Tab. Escitalopram (10mg) 1-0-0 and Tab. Clonazepam (0.5mg) 0-0-1**. She showed improvement on follow-up and her psychiatric symptoms reduced significantly.
- Her **lesions also disappeared** and haven't reappeared since. She comes to OPD for regular follow-up.



On Presentation



After one month of Psychiatric Rx

## Discussion with Conclusion:

1. Psychiatric illnesses can manifest in a number of ways.
2. It can lead to them showing up in a different specialty such as dermatology, like in this case.
3. This case shows the importance of **Consultation Liaison Psychiatry** for the complete management of a neurocutaneous disorder such as this one.

## References:

1. Ivanov OL, Lvov AN, Michenko AV, Künzel J, Mayser P, Gieler U. Autoerythrocytesensitization syndrome (Gardner-Diamond syndrome): Review of the literature. J Eur Acad Dermatol Venereol 2009;23:499-504.

## Declaration of Conflict of Interest:

There is no conflict of interest by any of the authors for the concerned subject.

