

## CONFLUENT AND RETICULATED PAPILLOMATOSIS

Confluent and reticulated papillomatosis is an uncommon disease typically affecting young patients and often occurs shortly after puberty. It is characterized by grayish blue thickened skin raised from the surface, and usually located on the chest or back. These lesions come together to form a continuous pattern in the middle and a lace like reticular pattern spreading outward. The eruption of the raised lesions is chronic and can appear better or worse at times.

The cause of this condition is unknown. It is usually not associated with any significant internal problems. Confluent and reticulated papillomatosis may represent a hormone disturbance, a disorder of skin formation, or a hereditary disorder. It is responsive to treatment but frequently recurs after discontinuation of therapy.

There is usually very effective treatment for the condition. One of the best therapies is with an oral antibiotic called minocycline. This has anti-inflammatory properties independent of its antibiotic properties. A low dose of this medication is often very helpful. There is also topical therapy which will be applied to the skin. There are many different types of topical therapy and I will determine which is best for your individual case. The response to treatment can be slow so please be patient.

Although it may seem very distressing, confluent and reticulated papillomatosis is primarily a problem because of the appearance in the skin. It is not associated with any internal problems. The treatment is usually very helpful for the condition. If you have any other questions about this problem please ask before you leave the office.