

## Dercums Disease/Adiposis Dolorosa

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### Abstract

52 year old obese postmenopausal female presented with complaints of multiple painful lumps over the legs and thighs of 2 years duration. Clinical examination revealed multiple tender plaques and nodules over both the legs and thighs of different sizes. Biopsy suggestive of lipoma. These features were diagnostic of a rare lipomatosis, dercum's disease.

**Keywords:** Adiposis dolorosa; Postmenopausal; Biopsy

### Introduction

Dercum's disease is a condition characterized by localized overgrowth of fat with painful subcutaneous plaques and ecchymoses [1].

### Case Report

52 year old obese postmenopausal female came with complaints of multiple painful lumps over both the legs and thighs of 2 years duration. She gave history of exquisite pain on walking (Figure 1).



**Figure 1:** Multiple painful lumps over both the legs and thighs.

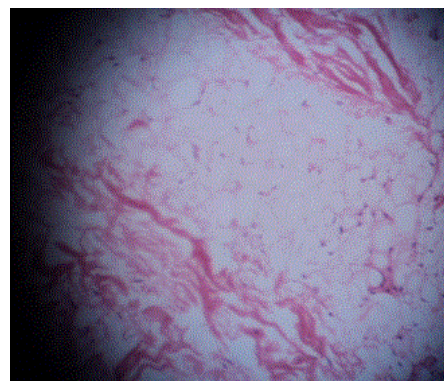
Cutaneous examination revealed multiple tender plaques and nodules over both the legs and thighs, oval with ill-defined margins. No tendency towards ulceration.

The base line laboratory parameters were normal. A Biopsy from the lesion showed epidermis and dermis [1,2].

### Epidermis: Normal

### Dermis

Showing fat cells in groups larger than the normal lobule enclosed within a capsule of connective tissue, blood vessels are seen traversing the septa (Figure 2) [3].



**Figure 2:** Dermis fat cells in groups larger than the normal lobule enclosed within a capsule of connective tissue, blood vessels are seen traversing the septa.

Based on the history, clinical findings and histopathology report a diagnosis of dercum's disease was considered. Treated with topical lidocaine gel, attained moderate response.

### Discussion

Dercum's disease is characterized by painful deposits of adipose tissue occurring over multiple areas of the body in post-menopausal obese women associated with emotional disturbances. Diagnosis is on based triad of painful plaques, ecchymoses and obesity appearing in women with amenorrhoea and neurotic symptoms. Weight reduction, surgical excision and lidocaine can be considered [4].

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## References

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