IMAGES IN DERMATOLOGY

Nodular Chondrodermatitis of the Helix

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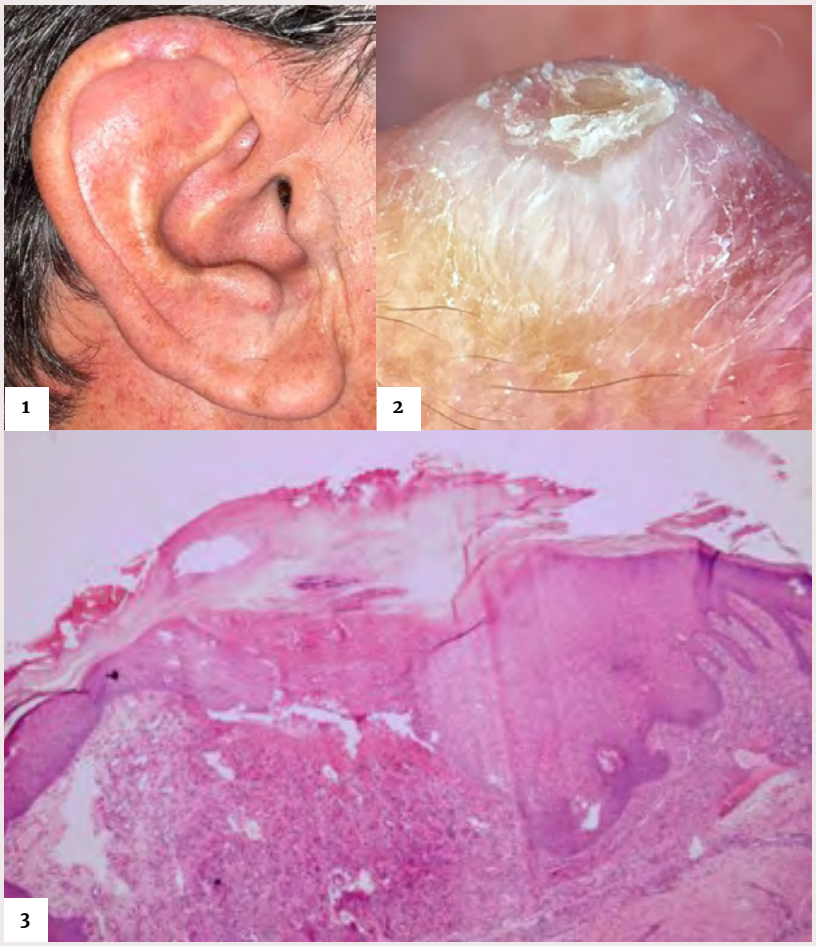

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A 65-year-old male patient, with no significant medical history, presented with a painful lesion on the ear of 1-year history, apparently caused by friction with the pillow. On physical examination, a solitary hyperkeratotic (lichenified) nodule with a central keratin plug was observed, located on the helix of the right ear (Figure 1). Dermoscopy revealed a non-melanocytic lesion without defined structures and a central crust (Figure 2). Histopathological examination showed a cup-shaped epithelial ulceration covered by fibrin and cartilage degeneration (Figure 3). Based on the topography, morphology, and histology, a diagnosis of Nodular Chondrodermatitis of the Helix was confirmed.

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Nodular chondrodermatitis of the helix (NCH), also known as Winkler's disease, is a benign, non-neoplastic inflammatory dermatosis that affects the cutaneous surface and cartilage of the helix or antihelix of the auricle. It is considered a disease of older adults, showing a marked male predominance, with only eight pediatric cases reported in the literature. The exact etiopathogenesis remains unknown; it is thought to be multifactorial, involving repetitive localized pressure or trauma leading to local ischemia, actinic damage, cold exposure, and certain autoimmune diseases, among other factors.[1–3]

Clinically, it presents as painful, dome-shaped papules, erythematous or skin-colored, with central crusts or, in some cases, crateriform lesions filled with keratin. The clinical diagnosis is usually straightforward; however, it may occasionally mimic basal cell carcinoma or squamous cell carcinoma, thus requiring histological confirmation.

Therapeutic options range from conservative measures to treatments with topical corticosteroids, topical nitroglycerin, intralesional corticosteroids, and surgical approaches, with excision including the affected cartilage being the treatment of choice.[4,5]

INFORMED CONSENT

The patient included in this study has signed an informed consent form, authorizing the use of his clinical data and images exclusively for research and scientific publication purposes. It is guaranteed that no personal information has been disclosed and that no photographs allowing patient identification to have been used.

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