

Erythema Nodosum (EN)

What is it?

- **Erythema Nodosum**– is a skin inflammation that is located in the fatty layer of skin

Signs and Symptoms:



- **Symptoms**- reddish, painful, inflamed, tender lumps usually on the front of the legs below the knees, about 2-6 cm. in size, nodular swelling; aching legs, swelling ankles
 - **First Week**- lesions become tense, hard and painful
 - **Second Week**- fluctuant, as in an abscess, last about 2 weeks, new lesions appear 3 to 6 weeks; color changes from bright red to bluish or livid and gradually fades to a yellowish color, resembling a bruise and disappear in 1-2 weeks
- **Begins with**- flulike symptoms of fever and generalized aching, most lesions are infection induced, heals within 7 weeks, if acute can last up to 18 weeks, 30% of cases last more than 6 months



Facts:

- **Causes**- most common bacterial infections are streptococcal infection and sarcoidosis, tuberculosis. Yersinia enterocolitica which is a gram negative bacillus that causes diarrhea and abdominal pain, mycoplasma pneumonia, salmonella infection, campylobacter infection; fungal infection- coccidioidomycosis is the most common, certain drugs, Hodgkin disease, pregnancy and others
- **Size**- range in size from a dime to a quarter; as heal become flat rather than inflamed and raised
- **Resolves**- on its own in 3 to 6 weeks, may leave a temporary bruised appearance or a chronic indentation in the skin where the fatty layer has been injured
- **Occurs**- with or without a underlying cause; peak incidence occurs at age 18 to 34 years, women are affected more than men with a 1-4 male to female ratio



What can I do?

- **See your Health Care Provider**- for more information