

# DERMATOLOGY AND TRICHOLOGY

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### RESISTANT CHROMO BLASTOMYCOSIS: SUCCESS OF A TRIPLE REGIMEN

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**C**hromomycosis is a subcutaneous fungal infection caused by dematiaceous fungi that commonly presents as a chronic disorder with frequent relapses. Herewith reporting a case diagnosed as chronically resistant plaque type of chromomycosis that failed to respond to antimycotics, surgical excision, potassium iodide, and cryotherapy however responded to a triple regimen. The factors attributing to unsuccessful treatment were possibly single therapeutic agent, poor compliance due to side effects and uncontrolled diabetes. To ensure adequate care, treatment was commenced under in-patient care and following necessary investigations; the patient was started on itraconazole 200 mg twice daily, cryotherapy and local heat therapy. Antidiabetic and pain-relieving medications were given simultaneously. After a month of starting treatment, clinical remission was evident and remaining treatment was shifted to out patient basis. The lesion resolved completely leaving an atrophic scar and hyperpigmentation after six months of therapy. The patient has been reviewing till date with no recurrences.

### BIOGRAPHY

Shamma Aboobacker has completed her MD from Pondicherry University in 2015 prior to which she had done Master of Science in Clinical Dermatology, Cardiff University in 2011. She has experience as Clinical Dermatologist in India, UAE and UK and is an Assistant Professor in Dermatology, Venereology and Leprology, India. She has keen interest in academic and research activities. Her areas of proficiency are pigmentary disorders, platelet rich plasma therapy and psoriasis. She has published several articles on Dowling Degos disease, melasma, Laugier Hunziker syndrome and perimenopausal dermatoses. She also serves as an Editorial Board Member in *British Journal of Dermatology* (2017) and *Journal of Surgical Dermatology* (2015).

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