

# Report of two cases of an unusual dermatitis: Exercise-Induced Vasculitis




*A not so uncommon, but often misdiagnosed finding for the event medicine practitioner*

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## INTRODUCTION

Event medicine is a specialized branch of medical care that caters to events and gatherings, particularly those where medical emergencies are likely. During the 2023 Ryder Cup in Rome, a field hospital was installed to manage healthcare demands. Dermatological complaints are common at mass gatherings, and the field hospital managed two cases of an unusual dermatitis during the event.

### PATIENT 1

-  Healthy 73-year-old male, event volunteer.
-  The patient presented to the medical tent with an allergic reaction on both lower limbs characterized by non-pruritic, non-blanching erythematous plaques with a purpuric appearance (Fig. 1) Vital signs were normal, and there were no other rashes on other parts of the body.
-  The patient received treatment, including topical cleaning, gentamicin, betamethasone cream, bandages, and instructions on prevention.

### PATIENT 2




-  A 24-year-old female, food and beverage worker, with a history of Sjogren's disease.
  -  The patient presented to the medical tent for a non-pruritic skin reaction, potentially from insect bites. Normal vitals, pulses, and a normal sensory examination were observed.
  -  This patient received topical cleaning with water and chlorhexidine and an application of a zinc oxide bandage.
- Lesions can be seen on Fig. 2A, follow-up after two days can be seen in Fig. 2B.

Fig.1



Fig.2A



Fig.2B



## CONCLUSIONS

### What is EIV

Exercise-Induced Vasculitis is a variant of leukocytoclastic vasculitis causing a painless rash on the lower legs, often after prolonged walking.

### Manifestation

It appears as erythematous and/or purpuric areas in the skin of the lower legs, sparing areas covered by socks and shoes. The rash's edges are usually elevated and can be felt by touch in cases involving an accompanying inflammatory process.

### Diagnosis

EIV can be misdiagnosed as a nonspecific erythematous dermatitis or allergic reaction. No confirmatory blood test is available, and the diagnosis is made clinically.

“ Expedition and event healthcare providers should be aware of EIV, a condition that requires a prompt diagnosis to provide patient reassurance and avoid unnecessary therapies.

### Treatment

EIV can be managed by minimizing heat exposure, resting, and can be alleviated with the use of topical corticosteroids, oral antihistamines, and compression socks.

## REFERENCES

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