



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

## **HAND-FEET-MOUTH SYNDROME IN THE ADULT: WHEN TO SUSPECT?**

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**Background:** The Hand-Feet-Mouth Syndrome (HFMS) is a disease one would not expect to find in adult patients. Despite being important to consider the epidemiological context of the patient, it is a fact that recognizing the typical dermatological lesions of this pathology and the characteristic distribution in the body areas is essential to make the diagnosis.

**Observation:** The authors present the report of a 24 year-old immunocompetent man observed in the Emergency Department with a history of sudden onset of generalized myalgia followed by painful lesions on the palm of hands, soles of feet and oral mucosa over the last 48h. He was otherwise healthy, with no contact with children of any age. The lesions were non-pruritic, painful when compressed, diameter ranging from 1-2 mm, with a visible erythematous halo; the ones in the palm of the hands and feet were 5 to 10 in number and the ones in the oral mucosa, distributed along the hard palate and in the gum, were scarce and softer. The remaining clinical examination failed to reveal any abnormality. Coxsackie A16 IgM antibodies were reactive, IgG negative. The confirmation was provided with the antibody positivity, the patient underwent nonsteroidal anti-inflammatory treatment, with complete regression of the lesions in a one week span of diclofenac 75mg 2tid and hydration. He was observed in consultation a week later, asymptomatic and with no dermatological complaints.

**Key message:** Despite being an infrequent diagnosis, HFMS in adults may occur and it is important to bear in mind the hallmarks that define this viral syndrome to recognize it easily, since it is a very benign, treatable condition.

