



VASCULAR DISEASE, VASCULITIS

BIER'S SPOTS: CLASSIC CASE OF RARE DIAGNOSIS

Lara Rigquete Chiquito⁽¹⁾ - Denise Rigquete Chiquito Fernandes⁽²⁾ - Glaucia Pereira Christo Antonioli⁽²⁾ - Rafaela De Castro Silva⁽²⁾ - Marjorie Soares Pereira Gonçalves⁽¹⁾ - Amanda De Almeida Leal⁽²⁾

Hospital Naval Marcílio Dias, Department Of Dermatology, Rio De Janeiro, Brazil⁽¹⁾ - Policlínica Geral Do Rio De Janeiro, Department Of Dermatology, Rio De Janeiro, Brazil⁽²⁾

Background: Bier's spots (BS) are benign and physiologic vascular anomaly presenting as small, irregular and hypopigmented macules, which are usually found on the arms and legs of young adults.

Observation: A 31-year-old man presented to our department with a 2 months history of small, hypopigmented, irregular and asymptomatic macules symmetrically distributed on his arms. The intervening skin was erythematous, but blanches with pressure, so that the hypopigmented macules disappear. Irregularities on the skin surface was not observed.

Key message: BS was originally described by Bier in 1898 and since then only few cases have been reported. These spots are small, irregular and hypopigmented macules that are usually found on the arms and legs of young adults. BS represents a distinct pattern of vascular mottling, in which the intervening skin may seem erythematous. The hypopigmented macules can be elicited by placing an affected limb in the dependent position. When the limb is raised, the macules disappear. It is known that BS is a benign vascular anomaly, however, its pathophysiology is not completely understood. The disorder is thought to be caused by an exaggerated physiologic, vasoconstrictive response of small vessels to venous stasis associated hypoxia. Although BS have a physiologic cause they are sometimes the first sign of systemic diseases such as cryoglobulinemia and lymphoma. Up to now no effective treatment was proposed. No therapeutic attempt was fulfilled in the case presented.

The knowledge of this condition allows the physician to differentiate BS of others hypopigmented disorders of the skin, avoiding unnecessary diagnostic and therapeutic attempts, as well as the patient's distress regarding the diagnosis.

