

In Dermatology

Erythema nodosum

- Erythema nodosum is a type of panniculitis, an inflammatory disorder affecting subcutaneous fat.
- It presents as tender red nodules on the anterior shins. Less commonly, they affect the thighs and forearms. See figure below.
- Erythema nodosum can occur in all ethnicities, sexes, and ages, but is most common in women between the ages of 25 and 40.
- Erythema nodosum is a hypersensitivity reaction of unknown cause in up to 55% of patients. In other cases, it is associated with an identified infection, drug, inflammatory condition, or malignancy.
- Erythema nodosum is treated based on the underlying disease. An underlying infection should be treated.



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