

External Markers

External Markers of Atherosclerosis

- ***Xanthelasma palpebrarum***
- Yellow plaques near the inner canthus of the eyelid, more often on the upper lid than the lower lid. Frequently they are symmetrical often seen on all four lids.
- ***Xanthoma***
 - Tuberos and tendinous xanthomas are papules or nodules located over the joints of hand, feet and heel, typically seen in familial hypercholesterolemia
 - Eruptive xanthomas are yellow to reddish papules surrounded by erythematous halo over the hands, buttock region and the flexor surfaces of the arms, shoulders, thighs, inguinal and axillary folds. These are usually associated with mixed hyperlipoproteinemia and it can be seen in primary and secondary causes of hyperlipidemia.
 - Plane xanthomas are yellow, orange or tan macules or slightly elevated plaques over palmar creases, soles and popliteal fossa. These are usually associated with type 3 hyperlipoproteinemia or familial hypercholesterolemia and also seen in secondary hyperlipidemias.
 - Nodular xanthomas are multiple yellowish dome-shaped lesions present on the ear lobes, neck, elbows and knees and usually associated with biliary cirrhosis and atresia of biliary ducts.
- Arcus juvenilis-Lipid-rich extracellular deposit at the corneoscleral limbus
- Acanthosis nigricans- Hyperpigmented, velvety plaques in the body folds of neck, axilla and groin.
- Skin tags reflects insulin resistance state
- Frank' sign or Diagonal Ear lobe Crease is a marker for Coronary Artery Disease (CAD), which extends from tragus of the ear at a 45o across the lobule to the ear edge
- Premature greying and balding in smokers- associated with CAD in smokers
- Nicotine stains- Black stained nails, dark brownish crusts below the fingernails, blackened lips, dark gums and stained enamel of the teeth point towards chronic heavy smoking
- Central obesity-flabs and folds of excess abdominal fat