

PITYRIASIS ROSEA

Pityriasis rosea is a common benign skin rash and is not contagious. It typically occurs under the age of 35 and is sometimes preceded by a sore throat or fever. On skin of color it may present in a number of ways: primarily, scaly, slightly raised lesions follow the cleavage lines of the body (described as looking like a school of minnows)

and usually occur on the trunk (figs. **A** and **B**), but can also appear on the limbs and face. There is often a larger lesion that appears first, called a herald patch (figs. **B** and **C**), which is followed by smaller numerous marks. In darker skin, lesions are more pigmented at the center; this is inverse in white patients. Scaling often appears in a collar-like

fashion (collarette scale, fig. **C**) inside the border of a lesion. Atypical variants of pityriasis rosea—which may present with itching—in skin of color includes hypopigmented PR, where the scaly lesions are lighter than the skin (fig. **D**); and papular, or having small bumps (fig. **E**).

