



Verruca Vulgaris of the Nipple - A Rare Presentation

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Abstract

Viral warts are a common skin disease, most frequently affecting the hands and feet, caused by the human papilloma virus. Warts usually appear on hands, fingers and feet. While warts are not harmful and usually go away in time without any treatment, they can be unsightly and painful. We report a rare presentation of wart which involves the nipple of a 3 year old female child.

Keywords: Warts; Verruca Vulgaris; Human papilloma virus.

Introduction

The common wart or the Verruca vulgaris is a benign epithelial growth caused by various types of Human papilloma virus (HPV). HPVs are small DNA viruses and are part of the papovavirus group. Warts are relatively more common in pediatric age group and may occur on any mucocutaneous surface¹. The extremities are involved more commonly in warts. We report a case of a three year old female with unusual presentation of warts on the nipple.

Case report

A three year old female presented to our outpatient clinic with presenting complain of outgrowth from the right sided nipple for the last 3 months (figure 1).



Figure 1. Verruca vulgaris of the right nipple

She had no history of any systemic illness and trauma to the site. She had recurrent episodes of pain at the site and occasional minor bleeding

after trauma to the lesion. On examination, there was exophytic cauliflower like growth in the right side nipple with hemorrhagic spots under the skin and she had tenderness on applying lateral pressure to the lesion but not from the front. She also had accessory nipple. Her chest x ray was normal. Histopathological examination of the lesion confirmed the diagnosis of warts. She was started on topical keratolytic salicylic acid. Parents were counseled regarding the contagious nature of the disease.

Discussion

Warts are benign skin outgrowths caused by human papilloma viruses types 1, 2, 4, 60, or 63, 57, 65, 66, and 156¹. They can develop on different parts of the body and can take on various forms. Most commonly they affect hands and feet, that is, plantar warts. They are contagious and very common: Almost everyone has a wart at some point in their life. Warts can affect people at any age, but are most common among pediatric age group¹. However they can present on any mucocutaneous surface of the body, nipple was involved as in our case. The chief differential diagnosis to the warts is corns or callus, which has tenderness on direct pressure from the front unlike warts. HPV is spread by direct and indirect contact from an infected host. As the warts are caused by different strains of HPVs, they are not prevented by currently available HPV vaccines. Topical keratolytics like salicylic acid are the first line treatment, however success rates are not much encouraging². Cryotherapy, laser therapy, microablation, cauterization are the various surgical methods to treat warts with variable success³.

References

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