PROTEUS SYNDROME - SEGMENTAL OVERGROWTH WITH MULTIPLE NEVI
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ABSTRACT: Proteus syndrome is a rare hamartomatous disorder characterized by various cutaneous and subcutaneous lesions, including vascular malformations, lipomas, hyperpigmentation, and several types of nevi. Partial gigantism with limb or digital overgrowth is pathognomonic of Proteus syndrome. We report a case of proteus syndrome in a 45 year old man, who presented with hypertrophy of index finger of both hands and middle, ring finger of left hand, verrucous lesions over left axilla and two firm swellings over left palm for the past 15 years. Clinical findings, histopathology and imaging studies fulfilled the criteria of proteus syndrome which is rarely reported in literature.

KEYWORDS: Gigantism, Hamartoma, Epidermal nevi, Proteus syndrome.

INTRODUCTION: Proteus syndrome is a sporadically occurring hamartomatous disorder associated with irregular asymmetric overgrowth of multiple body tissues of various cell lineages. The incidence is 1 in one million people worldwide.

CASE REPORT: A 45 year old man presented with progressively increasing overgrowth of right index finger, left middle and ring fingers and hypertrophy of left forearm, over a period of past 15 years. He had two swellings over left palm and multiple grouped verrucous lesions over left axilla for past 15 years. No history s/o any systemic involvement. No history of similar illness in the family members.

On dermatological examination there was hypertrophy of left forearm with digital overgrowth of index, middle and ring fingers of left hand (Fig. 1). Hypertrophy of right index finger was also noted (Fig.2). Two firm swellings were seen over the left palm (Fig. 2). There was multiple grouped hyperpigmented verrucous papules and plaques seen over the left axilla (Fig. 3). A linear hyperpigmented lesion studded with few verrucous papules following Blaschko lines was also noted over left shoulder and arm (Fig. 4). Peripheral pulses were normally felt.

The clinical Differential diagnosis like Proteus syndrome, Klippel-Trenaunay syndrome, Epidermal nevus syndrome and other vascular malformations were considered and the relevant investigations were carried out. Biopsy was taken from both the axillary lesion and palmar lesion. The histopathology of verrucous axillary lesion showed epidermal hyperkeratosis, acanthosis and papillomatosis which was consistent with epidermal nevi (Fig. 5). The histopathology of palmar lesion showed hypercollagen which was suggestive of connective tissue nevi (Fig.6). On special stains with Masson trichrome and Verhoeff –van Gieson connective tissue nevi was confirmed (Fig. 7) & (Fig. 8)

Radiographs of both hands revealed asymmetric macrodactyly, hyperostosis and over growth of soft tissue in left index, middle and ring fingers and also in index finger of right hand (Fig. 9). On CT angiogram of left upper limb, extensive low flow vascular malformation which consisted of enlarged veins in subcutaneous, muscular and inter muscular planes of left forearm was observed (Fig. 10). Carpal tunnel and extensor compartment of left hand were also involved.
Arterial system was normal except for mild prominence in ulnar, radial and interosseous arteries (Fig. 11). Liver and renal function tests were normal. Chest and skull X-ray were normal. Based on clinical, histopathological and radiological findings we arrived at the final diagnosis of Proteus syndrome.

**DISCUSSION:** Proteus syndrome is a rare, sporadic disease with patchy or mosaic manifestations. Cohen and Hayden identified the syndrome first in 1979.[1] Later in 1983, Wiedermann named it as "Proteus syndrome" after the Greek god Proteus, who could change his shape at will to avoid capture. The name reflects the highly variable manifestation of this disorder.[2] In 2011, Lindhurst et al published a paper regarding the mutation in AKT1 as the cause of proteus syndrome.[3] Male to female ratio is 1.9:1[4]. Symptoms usually progress until puberty, when there seems to be a plateau.[5]

Diagnosis of Proteus Syndrome was based on criteria provided by Biesecker et al.[6] (Table - 1). In our case all the general criteria was satisfied along with one from category A, two from category B and one from category C of specific criterias.

**Table 1:** The Biesecker diagnostic criteria for Proteus syndrome.

<table>
<thead>
<tr>
<th>General Criteria</th>
<th>Specific Criteria</th>
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<td>All the following:</td>
<td>Either:</td>
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<td>Mosaic distribution of lesions</td>
<td>Category A or,</td>
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<td>Sporadic occurrence</td>
<td>Two from category B or,</td>
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<tr>
<td>Progressive course</td>
<td>Three from category C</td>
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**Specific criteria categories**

A. 1. Connective tissue nevus
    1. Linear epidermal nevus
    2. Asymmetric, disproportionate overgrowth
    One or more:
    (a) Limbs
    (b) Hyperostosis of the skull
    (c) Hyperostosis of the external auditory canal
    (d) Hypoprosopodyplasia
    (e) Viscera:
    Spleen/thymus

B. Specific tumors before 2nd decade

C. 1. Dysregulated adipose tissue

**Specific manifestations**

1. Facial phenotype

   (a) Dolichocephaly
   (b) Long face
   (c) Down slanting palpebral fissures and or minor ptosis
   (d) Low nasal bridge
   (e) Wide or anteverted nares
   (f) Open mouth at rest
There is no specific treatment for Proteus syndrome. The condition should be managed by early identification of any serious medical problems and providing prophylactic and symptomatic treatment. Management of skin abnormalities may include removal of cutaneous vascular lesions using laser and surgical excision of lesions if they interfere with functional activities or for cosmetic purpose.

This case is reported for its rare presentation of segmental overgrowth of left upper limb along with both epidermal and connective tissue nevi on the same side.

REFERENCES:

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Fig. 3: Verrucous papules and plaques over left axilla – Epidermal Nevi

Fig. 4: Linear hyperpigmented lesion following Blaschko lines – Left shoulder and arm

Fig. 5: H & E staining showing epidermal hyperkeratosis, acanthosis, papillomatosis – Epidermal nevi

Fig. 6: H & E staining showing increased and thickened collagen bundles – Connective tissue nevi

Fig. 7: Masson Trichome stain showing hypercollagen – Connective tissue nevi

Fig. 8: Verhoeff – van Gieson stain showing hypercollagen – Connective tissue nevi
Fig. 9: X-ray of both hands showing Asymmetric macrodactyly, hyperostosis & soft tissue overgrowth

Fig. 10: CT angiogram of left upper limb showing low flow vascular malformation

Fig. 11: CT angiogram of left upper limb showing Mild arterial prominence in ulnar, radial & interosseous arteries
CASE REPORT

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