

## Cephalic Fibrous Plaque in Tuberous Sclerosis

A 10-year-old boy presented with generalized tonic clonic seizures since early childhood. Examination showed solitary, brown-to-tan plaque on right cheek. (**Fig. 1**) and skin colored raised plaque (Shagreen patch) over lower back. Another 12-year-old boy with seizures since early childhood, reported with two yellowish, brown plaques over left temporal scalp (**Fig. 2**), and multiple papules over face (angiofibroma) and depigmented macule (ash-leaf macule) over anterior chest. Both cases were diagnosed as tuberous sclerosis, based on clinical and imaging findings.

Tuberous sclerosis is a neurocutaneous disorder with an autosomal dominant inheritance. The common skin findings are hypomelanotic macules (ash leaf macules), facial angiofibroma, shagreen patch, fibrous cephalic plaque and unguis fibromas. Fibrous cephalic plaques appear as skin colored, pink or brown plaques. These may present at birth or appear within first few years of life and are seen in 35-40% cases. The previously known term ‘forehead fibrous plaque’ is a misnomer, as it is seen on forehead in only 40% cases. Unlike ash-leaf macules and facial angiofibromas, fibrous cephalic plaques are a less well recognized sign of tuberous sclerosis. It may be the only sign of the disease at birth, and help in early diagnosis of tuberous sclerosis.

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**Fig. 1** Light brown to tan colored plaque on right cheek of patient with tuberous sclerosis (case 1).



**Fig. 2** Two brown colored raised plaques over left side of scalp in a patient with tuberous sclerosis (case 2).

## Anterior Cervical Hypertrichosis

An 8-year-old girl presented with a tuft of hair on the anterior aspect of the neck since two years of age. There was no history of consanguinity and her other sibling was normal. There was no history of developmental abnormality. Examination revealed a cluster of terminal coarse hairs on the anterior aspect of the neck region above the prominence of the larynx (**Fig. 1**). Rest of her body hairs were normal. There was no neurological or ocular deficit. Based on history and clinical findings, she was diagnosed as a sporadic case of anterior cervical hypertrichosis.

Anterior cervical hypertrichosis is an uncommon form of primary regional hypertrichosis with predominant autosomal dominant inheritance; though, there are reports of autosomal recessive and X-linked dominant inheritance. In addition to hypertrichosis, it may present with peripheral sensory motor neuropathy, hallux valgus, optic atrophy, chorioretinal changes, and mental retardation. Though, localized hypertrichosis is a cosmetic issue, it is distressing to patients and parents. Hence, along with counselling, laser hair reduction, electrolysis, and intense pulsed light

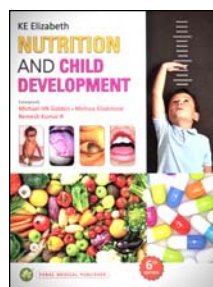


**Fig. 1** Tuft of terminal hairs on the anterior aspect of neck.

can be advised after 18 years of age, to improve the cosmetic outcome.

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## BOOK REVIEW



### **Nutrition and Child Development**

KE Elizabeth  
 6th ed, 2022  
 Paras Medical Publishers,  
 Darya Ganj, Delhi  
 Pages: 750; Price: INR 715

The importance of Nutrition and Child development, especially during the early childhood, is well known. Dr Elizabeth has a large experience in both these fields and this book is an example of her expertise. The previous five editions of this book have been very popular, not only among the pediatricians, but also the nutritionists and development specialists. This edition of the book has a new format and has been fully revised with recent information, and advances in these fields. The book starts with maternal nutrition, nutrition during the first 1000 days of life and continues this journey till toddler nutrition and beyond in a

very systematic way. The chapters on normal growth and growth assessment have been updated including ICMR, 2020 recommendations, and NFHS-5 data. The section on triple burden of malnutrition highlights the importance of balanced diets and the upcoming problem of obesity. The section of community nutrition with a dedicated chapter on COVID-19 pandemic and current nutrition scenario is quite interesting. Similarly, the section on child development has included all the aspects of normal development as well as developmental assessment, and deviations from normal development. The appendix with charts, and the colorful photographs have added values. I am sure that the new updated edition of this book will prove to be a valuable and useful addition to the existing literature on this subject.

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