

OLD CONTACT ALLERGENS AND NEW DERMATITIS -- POLE DANCING DERMATITIS.

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We report a case of allergic contact dermatitis caused by nickel in a woman who do pole dancing as a hobby.

Case report

A 35-year-old female was referred to our Allergy department for evaluation of pruritic erythematous and desquamative dermatitis, located on the abdomen, inner arms, legs and feet [figure 1]. It was not related it to medications, food or hygiene and cosmetic products. The patient has been treated with topical antihistamines and corticosteroids, with significant clinical improvement during treatment, but subsequent recurrence upon withdrawal.

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Figure 1: dermatitic plaques on pretibial region, popliteal fossa, and foot

The patient worked in a nursing home. She had consulted our clinic in 2016 for an adverse drug reaction, with no sensitization found. In her spare time she went to the gym every week to practice pole dancing.

Patch testing was performed with the TRUE Test as baseline series, supplemented with metals and plastics series. Moreover, Dry Hands®, a product used for improving grip during pole art, was patch tested “as is”. (Dry Hands® contents: SD alcohol 40, silica, methyl glycol, phenyl trimethicone and cyclomethicone). A positive patch test was seen to nickel (++: vesicles and infiltration).

As the training pole was suspected to contain nickel, the dimethylglyoxime test was performed on it, with positive result. Subsequently, our patient reported to the gym about her skin problem, and the poles were replaced for new ones. The patient’s dermatitis improved in the following weeks until she was almost asymptomatic, although still practicing pole dancing.

Sometimes mild dermatitis occurred if workouts lasted than usual. This suggests that the bars suffer wear on their surface due to continued friction. Therefore, we believe that it is necessary to make a periodic review of the poles in the gym, to be able to detect metals that are exposed on their surface and can cause allergies.

Discussion

Nowadays, with the emergence of new hobbies or activities, a classic contactant such as nickel which is usually linked to jewelry eczema, can cause contact dermatitis with different clinical presentation.

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