

Let's Talk About...

Skin disorder: Granuloma annulare

What is granuloma annulare?

Granuloma annulare (gran-you-LOH-ma ann-you-LAR-ee) is a common condition in which raised red or skin-colored rings appear on the body, usually on the hands and feet. These rings can be itchy or painful. Children are more likely to have subcutaneous (sub-tyoo-TAIN-ee-us) granuloma annulare, which appears as nodules (solid lumps) under the skin.

What causes granuloma annulare?

No one knows what causes granuloma annulare. However, it isn't contagious, which means your child can't spread it to someone else (or to other parts of their body).

How is granuloma annulare diagnosed?

Your child's dermatologist will look at your child's skin and may diagnose granuloma annulare without more tests. They may also take a small piece of your child's skin with a needle and look at it under a microscope (called a skin biopsy) to see if they have granuloma annulare.

If your child has granuloma annulare on several parts of their body, their dermatologist may recommend blood, cholesterol, and thyroid tests to see if they have other health problems that may be causing it to spread.



How is granuloma annulare treated?

Granuloma annulare will often start to go away on its own, but it may take months or years for it to go away completely. It may also come back later.

Treatment options may include:

- Steroid injections into the affected skin, which helps to decrease the skin inflammation (redness)
- Topical (cream or ointment applied to skin) steroids
- Light therapy (exposing the affected skin to different kinds of light in the doctor's office)
- Oral medicines (most children with granuloma annulare will not need this treatment)

