

## Elephantiasis nostras verrucosa: a severe complication of lymphoedema

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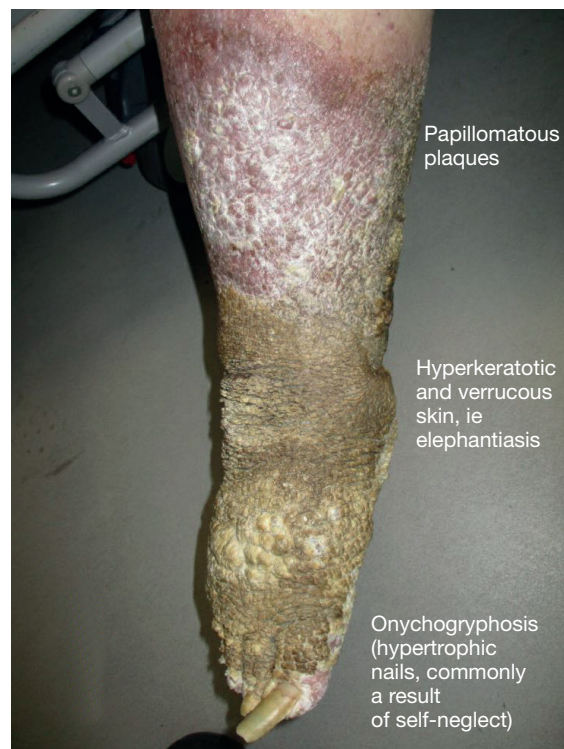
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A 59-year-old man presented with a fall and incidental findings of morbid obesity and chronic lymphoedema, with skin changes affecting the lower limbs and abdomen. His skin showed hyperkeratotic, verrucous lesions consistent with elephantiasis nostras verrucosa (Figure 1). The lymphoedema was secondary to his morbid obesity combined with being bedbound.



**Figure 1.** Elephantiasis nostras verrucosa secondary to chronic lymphoedema.

The patient was managed with elevation and compression bandaging, emollients to remove the skin crusts and antifungals for the superimposed fungal infection. The patient's skin showed significant signs of improvement within 1 week. He was referred to a tertiary lymphoedema service and specialist weight management programme.

It is important for clinicians to recognise lymphoedema and its secondary complications as it is likely more of it will be seen with the increasing prevalence of obesity. Early management of lymphoedema is crucial in preventing debilitating physical and psychosocial consequences for patients.

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