



Yellowish discolouration of palms: Think beyond jaundice!

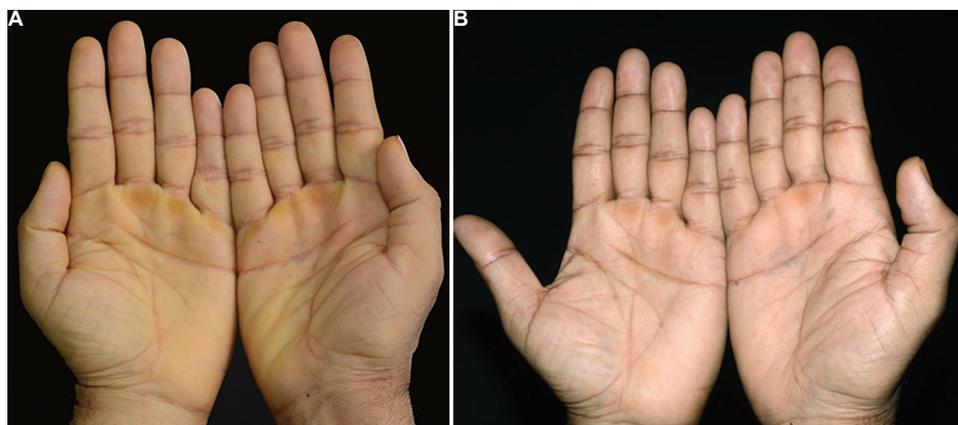


Figure. (A) Carotenaemia of both palms. (B) Normalized skin colour after two months.

A 30 yr old male[†] presented to department of Internal Medicine, Postgraduate Institute of Medical Education & Research, Chandigarh, India, in November 2017, with yellowish discolouration of hands for two months (Figure A). The sclera was normal, and the rest of examination was unremarkable. Liver, renal and thyroid function tests were also normal. Carotenaemia was suspected and confirmed by elevated beta-carotene levels [364 mg/dl; normal (4-77 mg/dl)]. The patient had been consuming 200 ml of carrot juice every day. His skin colour (Figure B) and beta-carotene levels normalized two months after the oral intake was stopped.

Carotenaemia is a benign condition associated with the consumption of excessive fruits and vegetables (carrot, beetroot, squash, sweet potatoes and others)

rich in beta-carotene. Abnormal yellowish-orange pigmentation of the palms, soles and nasolabial folds, along with lack of scleral discoloration, differentiates carotenaemia from jaundice. Rarely, carotenaemia is associated with diabetes mellitus, hypothyroidism, hyperlipidaemia or renal failure.

Conflicts of Interest: None.

Mohan Kumar H. & Aman Sharma*
Department of Internal Medicine, Postgraduate
Institute of Medical Education & Research,
Chandigarh 160 012, India

**For correspondence:*
amansharma74@yahoo.com

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[†]Patient's consent obtained to publish clinical information and images.