

## Conjugal Chondrodermatitis Nodularis Helicis

*Sir,*

Chondrodermatitis nodularis helicis (CNH) is a common inflammatory condition of dermal origin, with occasional involvement of the perichondrium. It consists of nodules, tender on pressure, with an erythematous halo and a central honey plug, sometimes with ulcer. It is found on the helix of the ear and may be induced by exposure to different traumatisms like cold, wind, sun trauma or insects bites.

We recently saw a 62-year-old woman and her 60-year-old husband presenting lesions on their right ears. Physical examination of the man revealed a small and painful erythematous nodule 4.5 mm in diameter. The lesion had started developing 4 months earlier. The woman's lesion was smaller and had appeared 1 month later. Their personal habits included the common feature of using the same headphones at bedtime. First the man listened to the radio in bed while his wife was cleaning the kitchen and then, when he had fallen asleep, his wife took the headphones. They both slept in the same position.

The biopsy specimen from the husband showed epidermal

disruption with maximal acanthosis at the edges of the breach, necrobiotic material and degenerated collagen with lymphohistiocytic inflammatory infiltrate, some giant cells and highly vascularized granulation tissue. Once the husband was diagnosed as CNH, surgical excision of the wife's nodule was performed, since spontaneous disappearance is rare on the helix. Her histological picture was similar.

We describe this unusual coincidence of CNH in a married couple because it is a demonstrative case of how the same mechanical trauma was the etiological factor of the CNH. We would like to call this conjugal or "á deux" CNH.

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