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## Itch So Bad: A Case Report Of Prurigo Nodularis

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The approach to chronic pruritus can be challenging, as well as its management. The etiology of chronic pruritus must be evaluated, in order to determine how to address it. Initially, prurigo nodularis was thought to be rare, but it has an underestimated prevalence due to lack of awareness. In this case report, a 46-year-old female patient presented with chronic pruritus with generalized erythematous and hyperpigmented nodular lesions for eighteen years, resulting to psychological distress. This patient has been to several specialists, found her lesions refractory to different treatment and was referred to the Allergology service. Methotrexate

was started and noted gradual improvement. Management of pruritus nodularis can be difficult as it entails the need to understand the etiology of the patient's itch and the need to educate the patient as well. Co-management with other subspecialties may also be done, in order to provide the most appropriate treatment as well

### Biography

Michaela Ann A. Gonzales-Montalbo, MD, FPCP is a graduate of Internal Medicine residency and is currently in her second year of fellowship training in Allergology and Immunology in Fe del Mundo Medical Center, Manila, Philippines.