

## BRIEF ARTICLE

## Papules on the Helical Rim: Weathering Nodules

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**Figure 1.** Weathering nodules on the helical rim of the left ear.

A 64-year-old man presented with asymptomatic papules on both of his ears. He had extensive sun exposure since childhood and several actinic keratoses. However, he had no history of skin cancer. Examination showed smooth, 2-to-3-millimeter, whitish papules on the helical rim of the left ear (two papules) (**Figure 1**) and right ear (one papule). The papules blanched when the clinician applied pressure to the adjacent helix. Hence, the suspected diagnosis of weathering nodules was

confirmed. The patient's clinical information has been included in a prior publication.<sup>1</sup>

Weathering nodules are small, skin-colored to white papules that can appear on the helices of typically older patients with a history of extensive sun exposure. When pressure is applied to the adjacent helical rim, weathering nodules blanch. This is referred to as a positive blanch sign.<sup>1,2</sup>

The differential diagnosis of weathering nodules includes several other conditions: actinic keratosis, amyloidosis, basal cell carcinoma, calcinosis cutis, chondrodermatitis nodularis helices, cutaneous B-cell lymphoma, cutaneous metastasis, elastotic nodule, gout, keratoacanthoma, rheumatoid nodule, sarcoidosis, squamous cell carcinoma, trichilemmomas, and verruca vulgaris. Many of these conditions cannot be definitively established based on clinical appearance. Therefore, a biopsy may be necessary to establish the diagnosis.<sup>1-4</sup>

In conclusion, the differential diagnosis of helical rim papules is diverse. Many of the conditions can have a similar appearance. Although a biopsy is frequently necessary to establish the diagnosis, weathering nodules may be differentiated from other causes of papules on the helical rim when a positive blanch sign is observed.

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