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A case of lipidized dermatofibroma

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Lipidized dermatofibroma is a very rare variant of dermatofibroma (DF). Lipidized DF occupies 2.1% among the variants of DF. It preferentially affects the lower limb, so it has been called "ankle-type" fibrous histiocytoma. Clinically, it presents as a solitary large exophytic yellowish to brownish nodule. Histologically, it shows acanthosis, irregular elongation of the rete ridge and fibroblast-like spindle cells in storiform pattern which are characteristics of the DF. Moreover, it also contains abundant sclerotic collagen bundles surrounding foamy macrophages. Also, there is a hypothesis of relationship between serum lipid profile abnormality and lipidized DF. A 59-year-old female presented with asymptomatic solitary red to brownish 1.5 cm sized nodule on the left shin and solitary erythematous 1 cm sized nodule on the right calf, which were detected a year ago. Histological findings of the lesion revealed foamy macrophages surrounded by abundant sclerotic collagen bundles, distinctive stromal hyalinization, and spindle cells arranged in a storiform pattern. No cytologic atypia was observed. Abnormality of serum lipid profile was accompanied. Consequently, this case was diagnosed with lipidized DF.

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Non-invasive body shaping treatments

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Excess deposit of local fat can be stubborn and difficult to eliminate with diet and exercise alone. Liposuction had been the mainstay for removal of localized excess adipose tissue. Non-invasive methods to permanently reduce excess localized body fat can offer safer, less painful, reduced healing time and cost in body shaping. Cryolipolysis selectively freezes fat cells and allows the body's natural mechanism to permanently remove the frozen fat cells without damage to the overlying skin. Deoxycholic acid in the body aids in breaking down and absorbing dietary fat. This chemical can be synthetically manufactured and injected into submental fat to permanently destroy localized fat. Other devices utilize ultrasound, radiofrequency or laser energy to destroy fat cells. Given the myriad of growing number of treatment options for non-invasive body shaping, learning about the pros and cons of some of these treatments is important to provide the best care for the growing number of people seeking aesthetic body contouring.

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