

# Granuloma Annulare

## Definition

- Granuloma Annulare (GA) is a bumpy skin condition in the shape of a circle

## Health Information

### Symptoms

- A bumpy skin condition in the shape of a ring or circle. At the start, it may be a semi circle.
- The bumps are firm, not soft.
- The center of the circle is flat and normal skin.
- The skin on top of GA usually looks normal. Sometimes, it's a little pink or purple colored.
- Peak size across is 1 to 2 inches (25 to 50 mm).
- Usually occurs on the ankle or top of the foot. Can also occur on the wrist or back of the hand. Rarely occurs on the back of the head.
- The skin over the GA is not attached to the GA. The skin can be moved over the bumps.
- Sometimes more than one GA is present.
- Doesn't cause pain or itching.

### Cause

- The cause is unknown.

### Prevention of Spread to Others

- GA is not contagious.
- In children, it is not associated with any serious diseases.

## Care Advice

### 1. Overview:

- Granuloma annulare is a skin condition that is easy to diagnose.
- It is harmless and will slowly go away on its own
- It doesn't leave any scarring.
- Here is some care advice that should help.

### 2. Treatment of GA:

- Injection of steroids is sometimes suggested.
- So are some prescription creams.
- But none of the proposed treatments are helpful.
- Patience and the passage of time still works best.

### 3. What To Expect:

- Lasts 2 years on the average. It may last up to 4 years.
- During that time it may get a little better, then get worse.
- With time, it goes away on its own.

## Call Your Doctor If

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- It looks infected
- You think your child needs to be seen
- Your child becomes worse

### **Pediatric Care Advice**

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