

Reversal of Congenital Ichthyosis

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Congenital Ichthyosis is quite a rare entity; incidence being around 1 in 1,00,000 population.

Ichthyosis is a very shabby looking ailment of skin as the skin on forehead, ears and extensor aspects of extremities become rough, scaly, thickened and pigmented during winters. I am suffering from congenital Ichthyosis since childhood. Basically, I am a Diabetologist; not a dermatologist and intention to bring this phenomenon of reversal of Ichthyosis is to invite researches in the field of dermatology to undertake further research work.

In mid-2021, I was diagnosed a case of Squamous Carcinoma of supraglottic region. As a part of therapy, I was subjected to 35 sessions of radiotherapy. Akin to anyone undergoing radiotherapy, I too developed many side effects but was surprised to notice some positive effects too. Reversal of Ichthyosis was one of them. My radiotherapy started of 27th Jan, 2022 and ended on

21st March, 2022. I was surprised to find no adverse dermal changes during winters of 2022. My skin remained normal all through and up to June of 2023, while authoring this letter.

Due to shabby skin, I never wore half sleeved shirts but used them liberally during 2022-2023.

I used to maintain long front hair on scalp to cover forehead. Even the little inferiority complex which was prevailing due to Ichthyosis was replaced by elation.

But the thing remains to be seen is whether this reversal is everlasting or shall pass off with time. Still this case report should open flood gates for research to explore if radiotherapy could be used to treat various types of Ichthyoses.



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