

# A Lichen for the Esophagus: A Rare Case of Esophageal Lichen Planus

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## Introduction

- Lichen planus is an inflammatory condition of the skin and mucosal membranes.
- Sites of disease are variable; however, esophageal involvement is uncommon.

## Case

- A 59-year-old female presents with progressive dysphagia and odynophagia to solids for three years.
- Videofluoroscopic swallow study was unrevealing.
- Subsequent EGD was notable for exudates, linear furrowing, and rings suggestive of eosinophilic esophagitis (EOE).
- Esophageal biopsy histology, interestingly, showed features most consistent with esophageal lichen planus.

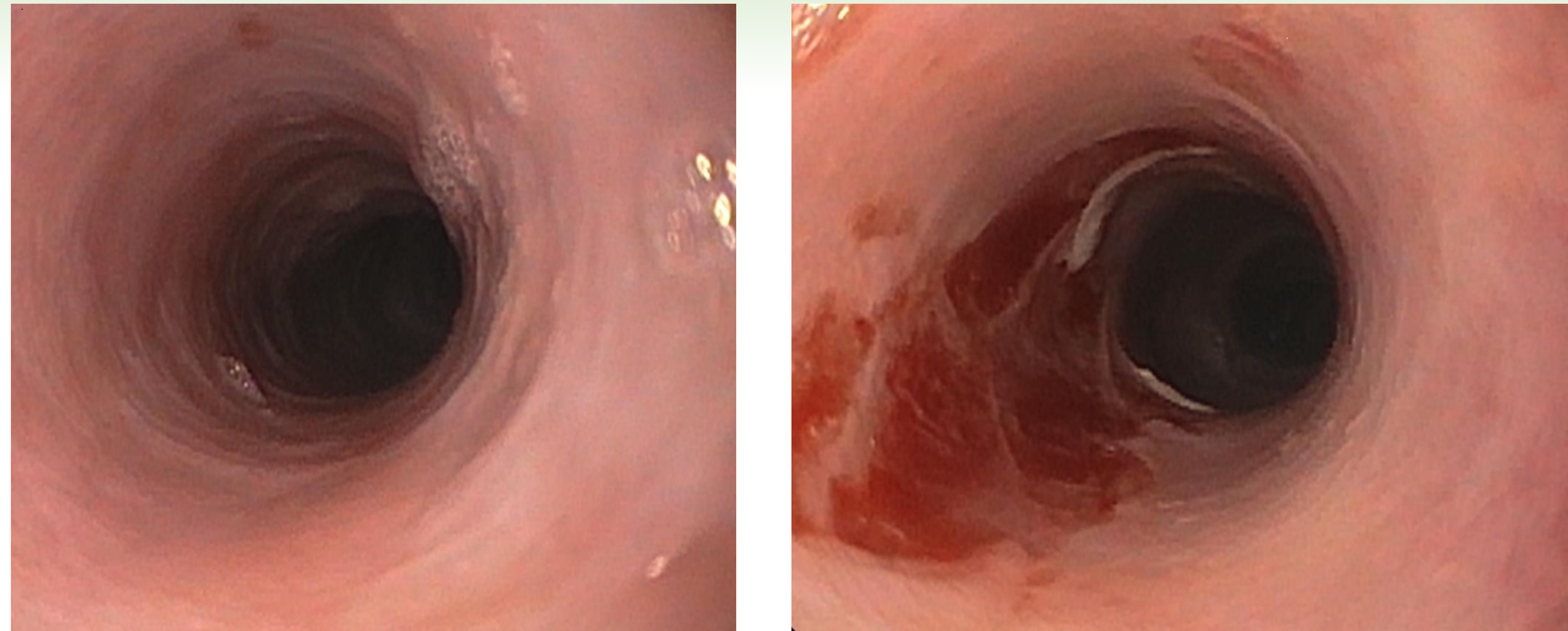


Figure 1: Esophageal features of linear furrows with rings and exudates suggestive of EOE.

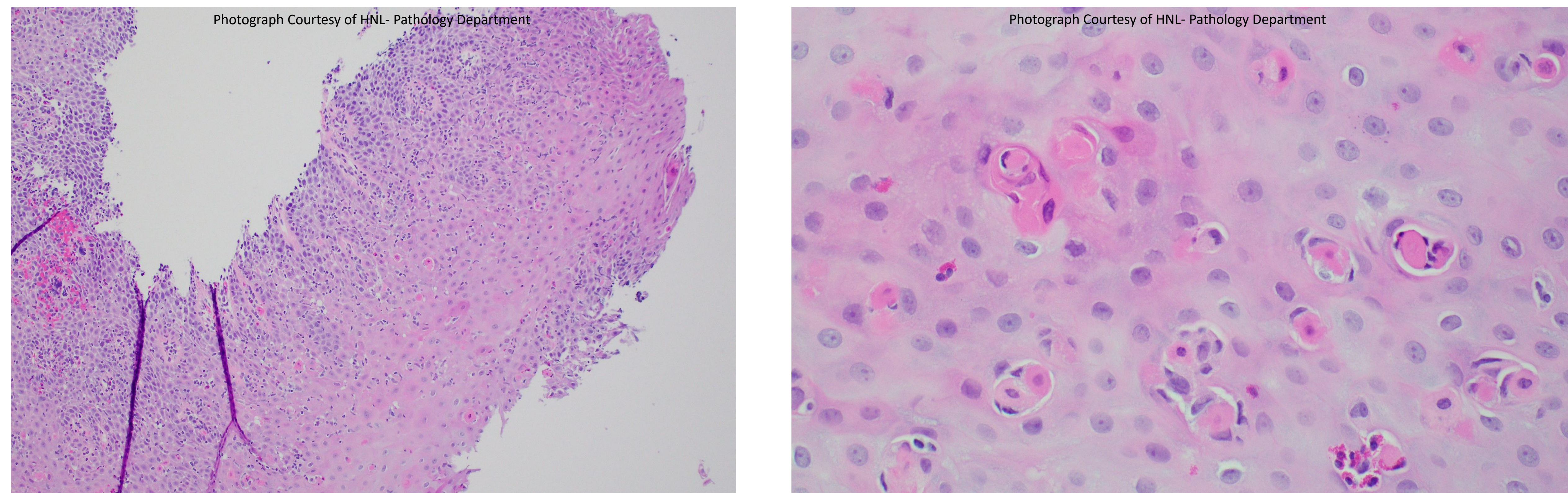


Figure 2: Esophageal histologic examination revealing increased intraepithelial lymphocytic infiltrate (*left*) as well as Civatte bodies (*right*), which represent necrotic keratinocytes.

## Discussion

- Esophageal lichen planus is an exceedingly rare entity with less than 100 documented case reports.
- It is likely underdiagnosed given that it can mimic other esophageal entities, such as EOE as seen in our patient.
- Histologic examination is crucial to identify key features of esophageal lichen planus, including Civatte bodies.
- Due to propensity for chronicity, treatment often requires topical or systemic therapy with corticosteroids, retinoids, cyclosporine and griseofulvin.

## Conclusion

- Given potential for malignant transformation, clinicians should consider esophageal lichen planus as part of their differential for dysphagia.

## References

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