

Psoriasis

Salmon coloured/erythematous scaly macules, papules or plaques; dystrophic and pitting nails that may resemble onychomycosis; joint pains that could indicate psoriatic arthritis.

**Acne rosacea**

Variable erythema and telangiectasia over the cheeks and forehead; presence of inflammatory papules and pustules over the nose, forehead and cheeks; rhinophyma.

Seborrheic dermatitis

Greasy scaling over red, inflamed skin in areas of the scalp, forehead, eyebrows, eyelash and neck.

Bell's palsy

Acute onset of upper and lower facial paralysis; taste disturbance; hyperacusis; epiphora; lagophthalmos; brow droop; corneal exposure.

**Parkinson's disease**

Resting tremor; decreased arm swing on side involved; soft voice; decreased facial expression, rigidity and bradykinesia.

Hypothyroidism

Fatigue; weight gain; cold intolerance; dry skin; hair loss; depression; constipation; goitre; myxedema; bradycardia; hyporeflexia.



Investigations: thyroid stimulating hormone (TSH), thyroxine (T4; if raised TSH), thyroid peroxidase antibody (TPO).

Hyperthyroidism

Fatigue; palpitations; heat intolerance; hyperdefaecation; weight loss; tremor; tachycardia; irregular pulse (in atrial fibrillation); brisk reflexes; exophthalmos; diplopia.

Investigations: TSH, triiodothyronine (T3) and T4, TSH receptor antibodies.

Rheumatoid arthritis

Persistent symmetrical polyarthritis affecting the hands and feet; systemic features such as fever, malaise and weakness; stiffness, tenderness and swelling especially of metacarpophalangeal, wrist and metatarsophalangeal joints.



Investigations: Full blood examination (FBE), erythrocyte sedimentation rate (ESR), C-reactive protein (CRP), rheumatoid factor and anticyclic citrullinated peptide and antinuclear antibody (ANA).

Sjögren's syndrome

Dry skin; dry mouth; dry food sticking to roof of mouth; difficulty speaking for long periods; dental caries; periodontal disease; oral candida and angular cheilitis; recurrent bilateral parotitis; red dry tongue; arthritis symptoms; systemic features such as fever, malaise and weakness.

Investigations: FBE, ESR, CRP, ANA especially anti-Ro and anti-La.

Ankylosing spondylitis

Insidious onset of inflammatory low back pain; unilateral/alternating buttock pain; onset of symptoms before age 40 years; peripheral enthesitis and arthritis; tender sacroiliac joints; loss of lumbar lordosis, and accentuated thoracic kyphosis.

Investigations: FBE, ESR, CRP, liver function tests, human leukocyte antigen B27.

Scleroderma

Raynaud phenomenon; sclerodactyly; telangiectasia of face, fingers and chest; skin thickening with puffy swollen fingers early on, particularly affecting hands, forearms, arms, face and trunk; late signs are firm and tight skin leading to flexion contractures in the hands; visceral involvement particularly gastrointestinal system (eg anaemia, gastroesophageal reflux disease, dysphagia, constipation and diarrhoea).

Investigations: FBE, biochemistry, CRP, ESR, ANA and extractable nuclear antigen (ENA, anti-SCL 70 antibody).

Systemic lupus erythematosus

Classic triad of fever, joint pain and rash; constitutional symptoms; malar rash; discoid lupus; pericarditis symptoms; pleurisy; arthralgia and myalgia

Investigations: FBE, biochemistry, CRP, ESR, ANA, ENA, anti-dsDNA, anticardiolipin antibodies, lupus anticoagulant, anti-β2 glycoprotein 1 and complement levels.

Figure 2. Overview of systemic conditions that can be associated with dry eye disease

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