

Net Image

One hand-two feet syndrome

Mohd Shurjeel Ul Islam¹, Megha Jain¹, Kurat Sajad¹

¹Department of Dermatology, Venereology and Leprosy, Government Medical College, Srinagar, Jammu and Kashmir, India.

***Corresponding author:**

Kurat Sajad,
Department of Dermatology,
Venereology and Leprosy,
Government Medical College,
Srinagar, Jammu and Kashmir,
India.

drkuratsajad@gmail.com

Received: 10 November 2024
Accepted: 15 December 2024
Epub Ahead of Print: 15 February 2025
Published:

DOI
10.25259/JSSTD_68_2024

Quick Response Code:



Here, we present a unique case of a 45-year-old male patient who presented to the outpatient department with itching, whitish scaling, and discoloration of nails of both feet and left hand. The patient is a known case of type II diabetic mellitus and is on treatment. On the clinical examination, we observed a yellowish discoloration involving all nails of both feet and left hand with subungual hyperkeratosis. Furthermore, well-defined plaque is on the left hand with fine adherent whitish scaling of approximately 5 × 4 cm.



Figure 1 (a): Yellowish discoloration involving all nails of both feet and left hand with subungual hyperkeratosis and fine whitish scaling present in both feet. Furthermore, a well-defined plaque is on the left hand with fine adherent whitish scaling and central clearing; (b): potassium hydroxide mount showing fungal hyphae.

This is an open-access article distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 License, which allows others to remix, transform, and build upon the work non-commercially, as long as the author is credited and the new creations are licensed under the identical terms.

©2025 Published by Scientific Scholar on behalf of Journal of Skin and Sexually Transmitted Diseases

Potassium hydroxide (KOH) mount was suggestive of fungal hyphae [Figure 1].

One hand-two feet syndrome is an uncommon dermatophyte infection that affects one hand and feet with or without nail involvement. Commonly involving species include *Trichophyton rubrum*. It presents as scaling, erythema, and itching. This occurs due to autoinoculation of the dominant hand, usually due to frequent touching of infected feet with one hand. Diagnosis is achieved using a KOH mount to show fungal elements. Treatment includes topical and systemic antifungals. Preventive measures include proper hygiene, moisture-wicking socks, and preventive means of autoinoculation.^[1]

Ethical approval: Institutional Review Board approval is not required.

Declaration of patient consent: The authors certify that they have obtained all appropriate patient consent.

Financial support and sponsorship: Nil.

Conflicts of interest: There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation: The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

REFERENCE

1. Mizumoto J. Two feet-one hand syndrome. *Cureus* 2021;13:e20758.

How to cite this article: Ul Islam M, Jain M, Sajad K. One hand-two feet syndrome. *J Skin Sex Transm Dis*. doi: 10.25259/JSSTD_68_2024