

# Gymnast Katelyn Ohashi Reveals Rare Skin Condition—But What Is Granuloma Annulare?

The “Perfect 10” athlete says the circular bumps cover her entire body.



By [Korin Miller](#) Sep 6, 2019



- *Gymnast and recent UCLA graduate Katelyn Ohashi, 22, posed nude for ESPN's 2019 Body Issue.*
  - *Ohashi opened up about her rare skin condition, granuloma annulare, which shows up as circular bumps all over her body.*
  - *A dermatologist weighs in what granuloma annulare looks like, the symptoms, and how it is treated.*
- 

Gymnast and recent UCLA grad Katelyn Ohashi made headlines back in January after a video of her scoring a perfect 10 on her floor routine at the Under Armour Collegiate Challenge went viral. Now, she's opening up about struggling with a skin condition she's previously tried to hide.

Ohashi posed nude for ESPN's 2019 Body Issue and showed circular bumps that cover her body due to the rare skin condition, granuloma annulare.

"It covers my entire body. Some look like bruises; some are complete circles. It actually doesn't affect me, but people are like, 'What's wrong with your stomach?'" she said.

Ohashi said she "used to feel ashamed" of her skin and would even refuse to take pictures in her bathing suit or leave her stomach bare because of her condition—but what is it, exactly? We asked a dermatologist to weigh in.

## What is granuloma annulare?

Granuloma annulare is a chronic degenerative skin disorder, according to the National Organization for Rare Diseases (NORD). The most common form of it is localized granuloma annulare, which shows up as small, firm red or yellow colored bumps that appear like a ring on the skin. The exact cause of granuloma annulare is unknown, NORD says, although there are some theories that it's caused by trauma, sun exposure, thyroid disease, tuberculosis, and various viral infections.

With granuloma annulare, "the body forms pockets of inflammation (called granulomas) in the skin," says **Gary Goldenberg, MD**, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai Hospital.

## What does granuloma annulare look like, and what are the symptoms?

It usually looks like small, red bumps that can group into circular lesions, Dr. Goldenberg says. "Most patients have just a few bumps. But some patients, especially diabetics, can have hundreds of these all over the body," he says.

The size of the lesions usually varies from one to five centimeters, NORD says, and granuloma annulare usually shows up on the feet, hands, and fingers. Granuloma annulare “can be itchy or irritating” or may cause no symptoms, Dr. Goldenberg says.

## **How is granuloma annulare treated?**

The lesions usually disappear without treatment—but they usually come back, NORD says. But if granuloma annulare bothers someone, it can be treated with steroid injections and topical creams, Dr. Goldenberg says. However, he adds, “while there are many options available, not all of them work for every patient.”

Ohashi says she now feels like it’s important for her to show off her lesions. “So many people try to hide it,” she said. “Recently someone said, ‘I was able to take the bandage off my hand to show my granuloma because you inspired me.’ That was such an amazing thing to hear. Why should we have to hide?”