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Internal Medicine Flashcard

Unusual bleeding

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1. Case description

A 15-year-old woman presented to the department for recurrent otorrhagia (panel A), bleeding from the nipples, bleeding from the forehead (panel B), bleeding from the navel (panel C) and epistaxis (panel D). She had no previous medical history and no history of bleeding. Clinical examination revealed no skin or vascular lesion, no

bruises, and gynecological examination was normal. Multiple imaging remained standard. Laboratory results showed no anomaly, including strictly normal hemostasis, vitamin C and cortisol. Analysis of the fluids showed only normal red blood cells. Bleeding occurred spontaneously, mostly at night, three to four times a day without any trauma, in a context of general anxiety related to school.

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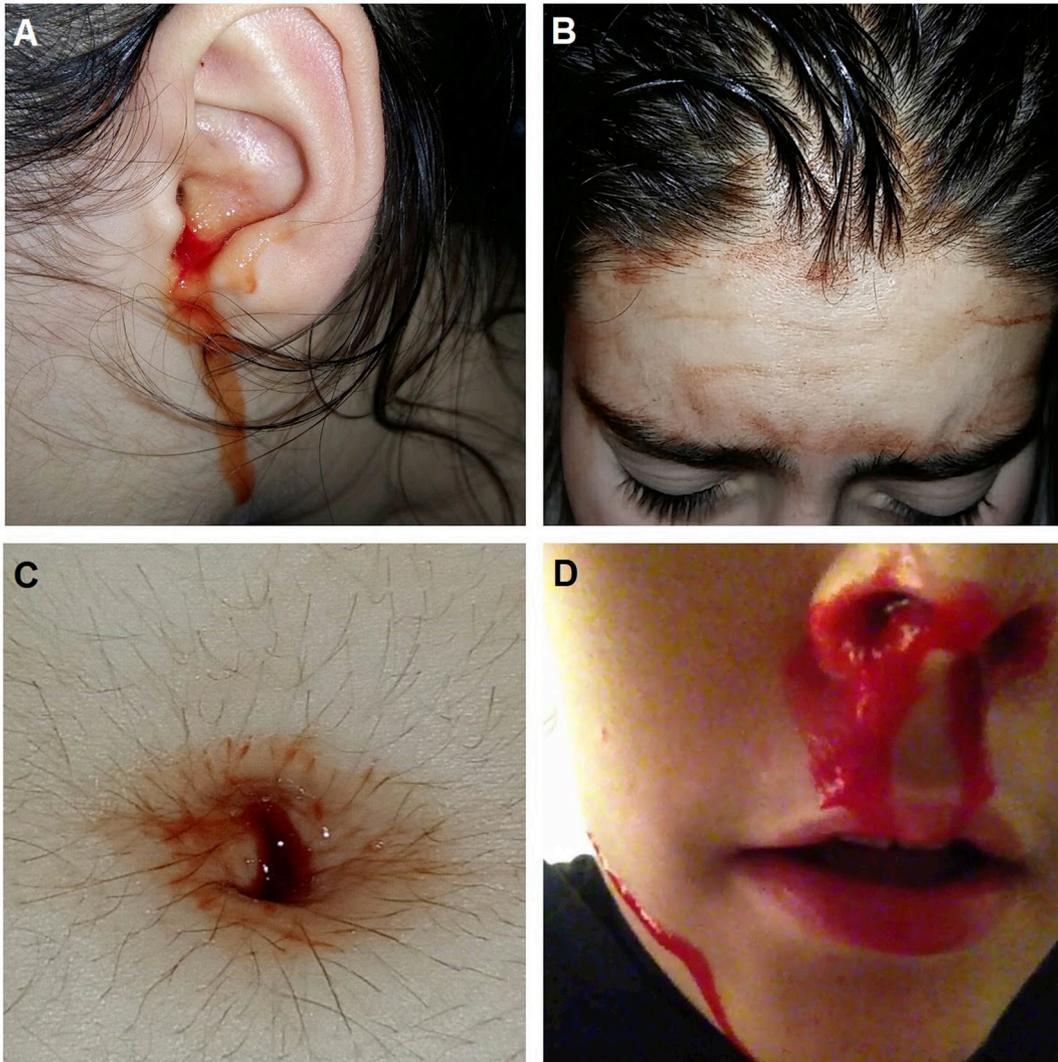
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2. What is the diagnosis?

Diagnosis: Normal laboratory tests and multiple witnesses corroborating the spontaneous state of the bleedings lead to the diagnosis of hematidrosis.

Hematidrosis, also called blood sweat, is an uncommon condition characterized by unexplained bleeding in multiple sites including ears, nostrils, nipples, navel, eyes, lips, scalp or palms, and potentially in many other parts of the body. Association with emotional stress is common. Pathogenesis remains unclear. It is believed to have some link with the sympathetic nervous system, in combination with defects in the vascular spaces leading to bleeding with no histological lesion observed afterwards [1]. The only effective known treatments are propranolol and psychological care, which reduce the frequency of the bleedings [2]. The patient had two uncommon features of hematidrosis:

otorrhagia and bleeding nipples. Introduction of propranolol lead to less frequent episodes.

Supplementary data to this article can be found online at <https://doi.org/10.1016/j.ejim.2019.07.013>.

Declaration of Competing Interest

None.

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