A RARE CASE OF BLUE RUBBER BLEB NEVUS SYNDROME

ELEFANTE, SHERA
ENT HNS Department, Southern Philippines Medical Center, Davao City, Philippines

Information/ Background

This is a rare case of a Blue Rubber Bleb Nevus Syndrome in a 35-year-old woman who was initially diagnosed as Pharyngitis. This is to highlight the importance of thorough history taking, physical examination and proper management of Head and Neck Tumors.

Materials and Methods

Design: Case Report
Setting: Clinical Practice and Tertiary Government Hospital
Patient: One

Results

- 35-year old female
- Diagnosed case of Iron Deficiency Anemia
- Chief complaint: globus sensation
- Diagnostics:
  - Flexible Fiberoptic Nasopharyngolaryngeal Endoscopy: a smooth, wide based, non-pulsatile, bluish mass at left aryepiglottic area partially obstructing the airway.
  - Upper Gastrointestinal Endoscopy: tonsillar and esophageal hemangioma, hiatal hernia and erosive gastritis
  - Colonoscopy: Internal Hemorrhoids
  - Doppler Ultrasound of Lower Extremities: showed venous malformations on the left posterior proximal leg and medial malleolus.
- Multidisciplinary Tumor Board Conference: Consensus to manage the case conservatively with iron supplementation and frequent monitoring

Conclusion

- Blue Rubber Bleb Nevus Syndrome is a rare disease manifested by distinctive cutaneous and gastrointestinal hemangiomatous lesions
- Most common initial presentation: Iron Deficiency Anemia with multiple bluish cutaneous nodules
- Rarely, laryngeal involvement is present
- Early diagnosis will prevent inappropriate tests
- Management should be individualized
- In this case, conservative management is observed through monitoring of lesions, most especially in the larynx
- Goal is to achieve patient reassurance and prevent further morbidity

Figure 1. Diagnostic fiberoptic flexible Nasopharyngolaryngeal Endoscopy

Figure 2. (pictures below) Multiple compressible bluish nodulocystic cutaneous lesions which resolves on non-dependent positioning in the following areas:

- Right lower lip
- Left postero-lateral tongue
- Volar aspect of the left arm
- Medial aspect of the right arm
- Right medial third of the back
- Posterior aspect of the middle 3rd of the left leg