E-Poster

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Congenital Lymphedema: An Unknown Condition for Specialists?

Topic: Miscellaneous

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BACKGROUND

Congenital lymphedema is a rare disease that can present with fluid accumulation and systemic symptoms such as spontaneous chylothorax and limb lymphedema. This clinical case is relevant due to its late diagnosis and the complexity of lymphedema management, especially with the presence of chronic pleural and pericardial effusions, which made identifying the underlying cause challenging for years.

CASE DESCRIPTION

A 36-year-old woman with a history of various conditions, including hepatitis C virus (HCV) infection and undiagnosed nephropathy, presented with chronic pericardial and severe pleural effusions of unknown origin, despite multiple consultations with specialists and inconclusive findings from complementary tests such as blood analyses, thoracocentesis, pericardiocentesis, and serial cardiac and abdominopelvic ultrasounds. After years of follow-up and examinations, a diagnosis of primary congenital lymphedema was made. Rehabilitation treatment with complex decongestive therapy (CDT) was challenging due to the risk of increasing effusion volume and causing complications, requiring adjustments based on the patient's clinical condition.

CONCLUSION

This case highlights the importance of considering rare diagnoses, such as congenital lymphedema, in patients with unexplained chronic effusions. Clinical practice in rehabilitation must be individualized, especially in complex cases, where conventional treatments need to be adapted to the patient's specific conditions, like the management of pleural and pericardial effusions.

Statement of Disclosures

None

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