

Case Report

Blue Rubber Bleb Nevus Syndrome (BRBNS): A Rare Cause of Refractory Anemia in Children

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Abstract: Refractory anemia is not uncommon in pediatric patients, and anemia caused by gastrointestinal tract bleeding should always be kept in mind. Aside from infection or intestinal malrotation related bleeding, vascular malformation should also be considered. Blue rubber bleb nevus syndrome (BRBNS) is a rare vascular disorder consisting of multiple venous malformations. Lack of experience in pediatric BRBNS might lead to delayed diagnosis or misdiagnosis. Herein, we report a case of an eleven-year-old boy with recurrent pallor appearance and weakness diagnosed with BRBNS. After a thorough examination, he was treated with endoscopic polypectomy, and further iron supplements and folic acid. He is now under regular follow-up at our outpatient department. No complication is noted for six months. BRBNS is a rare venous malformation syndrome that mostly involves skin and the gastrointestinal tract. Multidisciplinary approach should be arranged for diagnosis and management. Up to date, no consensus for BRBNS treatment has been reached. Management usually depends on clinical symptoms and severity of damage of involved organs. The options of treatment include conservative, medical, endoscopic, and surgical management.

Keywords: anemia; blue rubber bleb nevus syndrome; gastrointestinal hemorrhage; refractory

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1. Introduction

Refractory anemia, a common disease in pediatric patients, may be accompanied by gastrointestinal (GI) tract bleeding without significant hemorrhagic signs. When refractory anemia is detected, additional comprehensive examinations should be arranged. Patients with GI bleeding may be asymptomatic; however, such bleeding can lead to severe life-threatening conditions, including hypovolemic shock. Many diseases can cause GI tract bleeding, including infections, intestinal malrotation-related bleeding, and vascular malformations. Blue rubber bleb nevus syndrome (BRBNS) is a rare vascular disorder consisting of multiple venous malformations. The lesions are most commonly found on the skin and in the GI tract. The most common clinical presentation is symptomatic anemia due to GI bleeding, both overt and occult. The morbidity of BRBNS is low [1]. Reported cases of BRBNS in the pediatric population are extremely rare; the corresponding lack of experience with pediatric BRBNS among clinicians can lead to a delayed diagnosis or mis-

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