

Paroxysmal Finger Hematoma: A Benign Syndrome

Hematoma Paroxístico do Dedo: Uma Síndrome Benigna

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FIGURE 1. Hematoma in the palmar side of the finger

A 66-year-old female, with a personal history of depression, medicated with escitalopram 10mg daily and without known medical allergies, visited her general practitioner (GP), in her Family Health Unit, with a clinical history of a sudden hematoma on the palmar side of the third finger of her right hand, without associated trauma but with associated itching. It resolved spontaneously after 3 days. She had a history of two similar episodes in the last 2 years, on different fingers. The patient did not associate the new medication with a causal factor and had no other symptoms. She was referred to a dermatology consultation in the hospital and was diagnosed with Achenbach syndrome.

Paroxysmal finger hematoma, also known as Achenbach syndrome, is a rare condition, of unknown etiology, without association with other diseases and with a benign course. It appears as a sudden, recurrent hematoma, which may present pain, paresthesias, swelling or itching as a prodrome. The distal phalanges and nails are usually not involved. The lesions normal-

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ly disappear spontaneously without going through the usual stages of hematoma resorption and without sequelae.^{1,2,4} The diagnosis is based on its clinical features and the syndrome has a good prognosis. This is a situation that can worry the patient and lead to seeking medical advice.¹⁻⁴

Physicians must become aware of this condition to help mitigate anxiety and avoid unnecessary investigations, advising about its benign nature and good prognosis.

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