

P23

BLUE RUBBER BLEB NAEVUS SYNDROME: A CASE REPORT FROM AN ARMY OCCUPATIONAL HEALTH CLINIC

M. D. Yates, Defence Medical Services (UK), Aldershot, UK

Introduction:

Blue-rubber bleb naevus syndrome (BRBNS) is a rare, genetically-mediated vascular condition with cutaneous and gastro-intestinal manifestations. We report the case of an infantry soldier in the British Army and the impact of the condition on his occupation.

Case Description:

Aged 25, soldier noticed uncomfortable lumps on his shoulder, abdomen and thigh which became more symptomatic in the heat. Aged 26, he developed severe foot pain whilst running. Single episode of PR bleeding as child.

Soldier referred by GP to Vascular due to 'varicose' appearance of lesion on foot. Onward referrals to Haematology and Dermatology. They noted other raised vascular lesions on body (arms, shoulders, abdomen). Provisional diagnosis of BRBNS made. GMLN gene identified.

Impact on soldier's mental health was significant and necessitated referral to Community Mental Health. Due to intractable pain affecting mood/concentration, along with inability to wear military PPE (body armour, combat boots), a recommendation for medical retirement was made.

Discussion:

BRBNS is a rare (c.200 reported cases [1]) condition affecting the skin and internal organs of the body. It is characterised by compressible, raised lesions 'blebs' on or under the skin. They are dark blue, red, purple-red or black in colour. The blebs may be tender and are mostly found on the upper limbs, trunk and soles of the feet but can occur anywhere (including internally, where they may bleed spontaneously [2]). It is an autosomal dominant condition with variable expression.

There is no consensus on optimal clinical therapy, whether that be conservative, medical or surgical [3].

References:

[1] Jin XL, Wang ZH, Xiao XB, Huang LS, Zhao XY. Blue rubber bleb nevus syndrome: a case report and literature review. *World J Gastroenterol.* 2014 Dec 7;20(45):17254-9. doi: 10.3748/wjg.v20.i45.17254. PMID: 25493043; PMCID: PMC4258599.

[2] Lybecker MB, Stawowy M, Clausen N. Blue rubber bleb naevus syndrome: a rare cause of chronic occult blood loss and iron deficiency anaemia. *BMJ Case Rep.* 2016 Dec 20;2016:bcr2016216963. doi: 10.1136/bcr-2016-216963. PMID: 27999128; PMCID: PMC5174816.

[3] Aravindan U, Ganesan R, Thamarai Kannan M. Surgery for Blue Rubber Bleb Nevus Syndrome-a Case Report. *Indian J Surg.* 2018 Jun;80(3):272-274. doi: 10.1007/s12262-017-1715-y. Epub 2017 Dec 19. PMID: 29973759; PMCID: PMC6014949.