

Case Report: Hematemesis in a Young Man with Nodular Regenerative Hyperplasia (NRH) of the Liver

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Case Description

- This is a 20-year-old Hispanic male who presented to the emergency department (ED) with hematemesis, melena, and generalized weakness for the past 24 hours.
- Emergency Medical Services (EMS) was called and found the patient hypotensive with a systolic blood pressure in the 50s. He was subsequently taken to the hospital.
- In the hospital, a CTA was done that revealed large gastric varices.
- IR was consulted and he underwent successful obliteration of gastric varices via the gastric renal and splenorenal shunts.
- Outside medical records obtained from family members were reviewed which revealed the patient is suffering from nodular regenerative hyperplasia of unknown etiology.
- After the EGD the patient was transferred to the intensive care unit for further management.
- He was transfused with 2 units of pRBCs and transferred for a possible TIPS procedure.

Learning Objective

- NRH is poorly understood with few cases reported and the majority of patients 25-60 years old when diagnosed.
- This patient was 20 with symptoms of portal hypertension already present.

Discussion

- Nodular regenerative hyperplasia (NRH) is a rare liver condition that is characterized by the transformation of liver parenchyma into small regenerative nodules distributed evenly throughout the liver.
- This transformation can ultimately lead to non-cirrhotic intrahepatic portal hypertension (NCIPH).
- NRH can be distinguished from other causes of NCIPH due to the presence of fibrous septa between the nodules.
- The mainstay management of NRH is the prevention and treatment of the complications related to the portal hypertension.
- The exact pathogenesis of NRH is still unknown, however, there are multiple hypotheses being studied.

Discussion (cont.)

- Although NRH can be associated with autoimmune disorder, hematological disease, and immunosuppressive medication, this was not the case for this patient.
- Like other cases of NRH, the treatment for this patient was managing the complications of portal hypertension.
- NRH is a rare liver condition with an unknown etiology, commonly affecting those between the age 25-60 years old.
- However, in this case a 20-year-old male with NRH presented to the ED with symptoms of portal hypertension already evident needing to be treated immediately.

References

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