

Retrospective Analysis of Adult-Onset Vascular Malformations at a Multidisciplinary Vascular Anomalies Center

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BACKGROUND

- Vascular anomalies most often present during childhood.
- However, adult presentation without any previous signs or symptoms is not rare.
- We aim to characterize features of adults presenting to our vascular anomalies center.

METHODS

- Collected data regarding demographics, diagnostics, physical examination and past medical history from all adult patients presenting to our multidisciplinary vascular anomalies center between 2018 and 2023.
- Retrospective chart review.

RESULTS

- Of 677 total patients, **297/677** (41.2%) were adults, and of these 297, **89** (32% of adults) had adult-onset symptoms.
- Mean age of onset was **39.7 years**, and mean age of presentation to clinic was **46.3 years**.
- Venous malformation (**61/89**, 68.6%) was the most common diagnosis.
- Vascular anomalies were located on the head/neck (**34/89**, 37%), lower extremity (**27/89**, 29%), upper extremity (**14/89**, 15%), genitourinary region (**3/89**, 3%), trunk (**5/89**, 5%) and oropharynx (**6/89**, 7%).
- Hx of overuse/trauma was noted in **6/89** patients.
- **76/89** (85%) patients presented with overt symptoms or signs, including pain (**52/76**), swelling (**18/76**) and functional compromise (**5/76**).

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