

# SYNDROMES

## ENVIRONMENTAL CAUSES

- **ACUTE RADIATION SYNDROME:** Radiation exposure.
    - 12 hours post-exposure: Vomiting
    - 24 hours post-exposure: Prostration (extreme exhaustion), fever, diarrhea
    - Later: Petechial hemorrhage, hypotension, tachycardia, profuse bloody diarrhea, maybe death.
  - **CHINESE RESTAURANT SYNDROME:** *MSG reaction* -----> Chest Pain, burning sensation over parts of body.
  - **BROWN-SEQUARD SYNDROME:** Damage (injury) to half of spinal cord -----> symptoms:
    - Loss of pain and temperature sensation on contralateral side of body.
    - Loss of proprioception and discriminatory touch on ipsilateral side of body.
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## CARDIOVASCULAR

- **ADAMS-STOKES SYNDROME:** Heart block, with slow or absent pulse, often accompanied by convulsions.
- **BARLOW SYNDROME: Floppy Mitral Valve Syndrome;** *Massive Mitral Valve Prolapse* -----> Late apical systolic murmur, systolic click, or both.
- **EISENMENGER'S SYNDROME:** *Ventricular-Septal Defect* -----> Pulmonary hypertension and cyanosis.
- **FLOPPY-VALVE SYNDROME:** *Mitral Incompetence* due to myxomatous degeneration of the leaflets.
- **LERICHE'S SYNDROME:** *Occlusion of distal aorta* ----->
  - Hip, thigh, and calf fatigue.
  - Impotence
- **BEHCET'S SYNDROME:** *Vasculitis* -----> secondary symptoms:
  - Oral and genital ulcers
  - Uveitis
  - Optic atrophy
- **SHOULDER-HAND SYNDROME:** Pain in shoulder and swelling in hand, sometimes occurring after Myocardial Infarction.
- **SICK SINUS SYNDROME:** *Chaotic atrial activity;* continual changes in P-Waves. Bradycardia, alternating with recurrent ectopic beats and runs of tachycardia.
- **SUPERIOR VENA CAVA SYNDROME:** Caused by a tumor. Obstruction of SVC ----->
  - Edema

- Engorgement of the vessels of face, neck, and arms.
  - Nonproductive cough
  - Dyspnea
  - **TAKAYASU'S SYNDROME:** Arteritis of the Aortic Arch, resulting in no pulse. Seen in young women.
  - **WOLF-PARKINSON WHITE SYNDROME:** ECG pattern of *Paroxysmal Tachycardia*.
    - Short PR interval
    - Delta wave = early QRS complex.
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## IATROGENIC (or Secondary to Medical Treatment)

- **AFFERENT LOOP SYNDROME:** Gastrojejunal loop obstruction, proximal to a gastrojejunostomy.
    - Ingestion of food produces nausea, pain, and duodenal distension.
  - **ASHERMAN'S SYNDROME:** *Adhesions within the endometrial cavity*, causing amenorrhea and infertility.
    - Adhesions probably were caused by surgery.
  - **ULYSSES SYNDROME:** Ill effects from follow-up diagnostic tests following a false-positive screening test.
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## NEOPLASTIC (Malignant or Benign)

- **CARCINOID SYNDROME:** Carcinoid tumor producing *Bradykinin + Serotonin* -----> secondary symptoms:
  - Cyanotic flushing
  - Diarrhea
  - Bronchial spasm
  - Edema, ascites.
- **CRONKHITE-CANADA SYNDROME:** *GI-Polyps with diffuse alopecia (hair-loss) and nail dystrophy*.
  - May see protein-losing enteropathy and malabsorption.
- **GARDNER'S SYNDROME:** Multiple inherited tumors, hereditary dominant trait.
  - Skull osteomas, Fibromas, Epidermoid cysts
  - Colonic polyposis (APC gene) -----> predisposition to colonic adenocarcinoma.
- **LAMBERT-EATON SYNDROME:** Progressive proximal muscle weakness secondary to a carcinoma.
- **MEIGS' SYNDROME:** *Fibroma of ovary* with ascites and hydrothorax
- **PANCOAST SYNDROME:** *Tumor near pulmonary apex* ----->

- Neuritic pain of chest and arm
- Muscle atrophy of the arm
- Horner's Syndrome (impaired cervical sympathetics)
- **PEUTZ-JEGHERS SYNDROME:** Polyposis (*hamartomas*) of small intestine
  - Also see melanin pigmentation of buccal mucosa and skin around mouth and lips

## CONGENITAL

- **CEREBELLAR SYNDROME:** *Congenital Cerebellar Ataxia*
- **CERVICAL SYNDROME:** *Supernumerary C7 rib* - ----> Pressure on brachial plexus ----> pain radiating over shoulder, arm, and forearm over C7 distribution.
- **DANDY-WALKER SYNDROME:** *Obstruction of Foramina of Magendie and Luschka* in infants ----> Hydrocephalus.
- **DIGEORGE SYNDROME:** *Congenital absence of 3<sup>rd</sup> and 4<sup>th</sup> Branchial Arches (Thymus and Parathyroid Glands)* ----> secondary symptoms:
  - No cell-mediated immunity ----> Frequent viral and fungal infections
  - Characteristic facial deformities
- **DOWN SYNDROME:** *Trisomy 21*. Mental retardation, characteristic facial features, Simeon crease in hand.
- **FANCONI'S SYNDROME Type I:** *Bone-marrow hypoplasia* ----> refractory anemia, pancytopenia.
- **EHLERS-DANLOS SYNDROME:** Congenital defect in collagen.
  - Hyper-elasticity and friability of the skin.
  - Hyperextensibility of the joints.
- **FETAL ALCOHOL SYNDROME:** Fetal malformations, growth deficiencies, craniofacial anomalies, limb defects.
- **GOODPASTURE'S SYNDROME:** Autoantibodies against basement membranes ----> *Glomerulonephritis* (kidney) and *hemoptysis* (lungs).
  - Often, death by renal failure
- **KLINEFELTER'S SYNDROME:** Trisomy XXY ---> testicular atrophy, increase in gonadotropins in urine.
- **KLIPPEL-FEIL SYNDROME:**
  - Cervical vertebrae fused
  - Congenital short neck, limited neck rotation
  - Abnormalities of the brainstem and cerebellum
  - Low hairline.
- **LESCH-NYHAN SYNDROME:** *Deficiency of HGPRT (Hypoxanthine-Guanine Phosphoribosyltransferase)* ---->
  - Hyperuricemia, uric acid kidney stones
  - Choreoathetosis

- Mental retardation, autism, spastic cerebral palsy
- X-Linked recessive
- **MARFAN SYNDROME:** Connective Tissue disorder ---->
  - *Arachnodactyly:* Abnormally long digits and extremities
  - Subluxation of lens
  - Dissecting aortic aneurism
- **POSTRUBELLA SYNDROME:** Infantile defects resulting from maternal Rubella infection during first trimester.
  - Microphthalmos, cataracts
  - Deafness
  - Mental retardation
  - Patent ductus arteriosus, Pulmonary arterial stenosis
- **PRADER-WILLI SYNDROME:** Short stature, mental retardation, polyphagia with marked obesity, sexual infantilism.
- **RENDU-OSLER-WEBER SYNDROME:** *Hereditary hemorrhagic telangiectasia.*
- **SUDDEN INFANT DEATH SYNDROME:** Unexplained death in sleeping infants.
- **TURNER'S SYNDROME:** XO monosomy.
  - Dwarfism
  - Webbed neck
  - Valgus of elbow.
  - Amenorrhea
- **WILSON SYNDROME:** Congenital defect in *Ceruloplasmin*, leading to buildup of copper ----> mental retardation, cirrhosis, hepatolenticular degeneration.

## ENDOCRINE, REPRODUCTIVE

- **AMENORRHEA-GALACTORRHEA SYNDROME:** *Non-physiologic lactation*, resulting from endocrinologic causes or from a pituitary disorder.
- **CONN'S SYNDROME:** *Primary Hyperaldosteronism* ----> muscular weakness, hypertension, hypokalemia, alkalosis.
- **CUSHING'S SYNDROME:** *Hypersecretion of cortisol* ----> secondary symptoms and characteristics:
  - Fatness of face and trunk with wasting of extremities
  - Buffalo hump
  - Bone decalcification
  - Corticoid diabetes
  - Hypertension
- **PREMENSTRUAL SYNDROME:** Abnormal sensation in breasts, abdominal pain, thirst, headache, pelvic congestion, nervous irritability.
  - Occasionally nausea and vomiting.

- **SHEEHAN'S SYNDROME:** *Post-partum pituitary necrosis* -----> hypopituitarism.
  - **STEIN-LEVENTHAL SYNDROME:** *Polycystic ovary* -----> infertility, amenorrhea, hirsutism. Seen in obese women.
  - **TESTICULAR FEMINIZATION SYNDROME:** Insensitivity to Testosterone. Male Pseudohermaphroditism
    - Complete female external genitalia, incompletely developed vagina, rudimentary uterus.
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- Headache, fever, malaise.
  - **TOXIC SHOCK SYNDROME:** Caused by superabsorbent tampons. Infection with *Staph Aureus* and subsequent toxicity of exotoxin TSST -----> systemic anaphylaxis.
    - Fever, vomiting, diarrhea
    - Red rash followed by desquamation
  - **WATERHOUSE-FRIEDRICHSON SYNDROME:** *Meningococcal Meningitis* -----> DIC, hemorrhagic infarct of adrenal glands ----> fulminant adrenal failure.
    - Vomiting, diarrhea.
    - Shock
    - Extensive purpura, cyanosis, circulatory collapse.
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## PULMONARY

- **KARTAGENER'S SYNDROME:** *Situs Inversus* (lateral transposition of lungs) resulting from chronic sinusitis and bronchiectasis.
  - **HAMMAN-RICH SYNDROME:** *Interstitial fibrosis of the lung.*
  - **MIDDLE-LOBE SYNDROME:** Chronic pneumonitis and atelectasis of middle lobe of right lung.
  - **CHURG-STRAUSS SYNDROME:** *Allergic Granulomatous Angiitis:* Asthma, fever, eosinophilia.
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## INFECTIOUS

- **FITZ-HUGH-CURTIS SYNDROME:** *Gonococcal Perihepatitis* in woman, as a complication of Gonorrhea.
- **GUILLAN-BARRE SYNDROME:** *Infectious Polyneuritis* of unknown cause.
- **HUNT'S SYNDROME:** *Herpe's Zoster* infection of Facial Nerve (CN VII) and Geniculate Ganglion -----> facial palsy.
  - Zoster of ear
- **REYE'S SYNDROME:** Loss of consciousness and seizures in kids, after a viral infection treated by aspirin.
- **REITER'S SYNDROME:** Symptom cluster. Etiology is thought to be Chlamydial or post-chlamydial.
  - Urethritis
  - Iridocyclitis (Conjunctivitis)
  - Arthritis
  - Skin lesions like keratoderma blenorrhagicum
  - Also can see fatty liver or liver necrosis.
- **SCALDED SKIN SYNDROME:** *S. Aureus* toxic epidermal necrolysis.
- **STEVENS-JOHNSON SYNDROME:** *Erythema Multiforme* complication.
  - Large areas of skin slough, including mouth and anogenital membranes.
  - Mucous membranes: stomatitis, urethritis, conjunctivitis.

## RENAL

- **KEMMELSTIEL-WILSON SYNDROME:** *Diabetic Glomerulosclerosis.*
  - **BARTTER'S SYNDROME:** *Juxtaglomerular Cell Hyperplasia* -----> secondary symptoms:
    - Hyperaldosteronism, Hypokalemic Alkalosis, elevated renin and angiotensin
    - *No hypertension.*
    - Compare to Conn's Syndrome
  - **FANCONI'S SYNDROME Type II:** Renal aminoaciduria, glycosuria, hypophosphaturia, cysteine deposition, rickets.
  - **THORN'S SYNDROME:** *Salt-losing nephritis.*
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## NEUROLOGICAL

- **CARPAL-TUNNEL SYNDROME:** *Compression of Median Nerve through the Carpal Tunnel* -----> pain and parasthesia over distribution of Median N.
- **FROIN'S SYNDROME:** *Block in CSF flow* ----> *xanthochromia* (yellow discoloration) of CSF.
- **ACUTE-BRAIN SYNDROME:** Delirium, confusion, disorientation, developing suddenly in a person that was previously psychologically normal.
- **GERSTMANN'S SYNDROME:** *Lesion between occipital area and angular gyrus* -----> symptoms:
  - Finger agnosia, Agraphia, acalculia
  - Right-left disorientation
- **HORNER'S SYNDROME:** *Loss or lesion of cervical sympathetic ganglion* ----->
  - Ptosis, miosis, anhidrosis
  - Enophthalmos (caved in eyes)

- **KORSAKOFF SYNDROME:** Loss of short-term memory in chronic alcoholism, caused by degeneration of mamillary bodies.
- **RILEY-DAY SYNDROME:** *Familial dysautonomia.*

## GASTROINTESTINAL

- **MALLORY-WEISS SYNDROME:** Laceration of lower end of esophagus from *vomiting* -----> hematemesis. Often seen in alcoholics.
- **MALABSORPTION SYNDROME:** Impaired absorption of dietary substance -----> diarrhea, weakness, weight loss, or symptoms from specific deficiencies.
- **BARRET SYNDROME:** Chronic peptic ulcer of the lower esophagus, resulting in metaplasia of esophageal columnar epithelium -----> squamous epithelium.
- **ZOLLINGER-ELLISOHN SYNDROME:** *Gastrin-secreting tumor* in pancreas -----> Severe peptic ulcers, gastric hyperacidity.
- **PLUMMER-VINSON SYNDROME:** Esophageal Webs, leading to dysphagis and atrophy of papillae of tongue.
  - Also see hypochromic anemia, splenomegaly.

## RETICULOENDOTHELIAL, HEMATOLOGIC

- **BANTI'S SYNDROME:** *Chronic Congestive Splenomegaly* with anemia, caused by either Portal Hypertension or Splenic Vein Thrombosis.
- **BUD-CHIARI SYNDROME:**
  - ACUTE: *Hepatic Vein Thrombosis* -----> Massive ascites and dramatic death.
  - CHRONIC: Gradual hepatomegaly, portal hypertension, nausea, vomiting, edema, ultimately death.
- **DUBIN-JOHNSON SYNDROME:** *Defect in excretion of conjugated bilirubin* -----> *recurrent mild jaundice.* Buildup of direct builirubin in blood.
- **CHIDIAK-HIGASHI SYNDROME:** Abnormalities in leukocytes with large inclusions.
- **CRUVEILHIER-BAUMGARTEN SYNDROME:** Symptoms cluster:
  - *Liver cirrhosis*
  - *Caput Medussae*
  - *Venous hum and thrill*
- **FELTY'S SYNDROME:** Rheumatoid Arthritis with splenomegaly, leukopenia, anemia, and thrombocytopenia.
- **LOFFLER'S SYNDROME:** *Eosinophilia with transient infiltrates in lungs.*

## UNCATEGORIZED

- **YELLOW-NAIL SYNDROME:** Stop growth of nails -----> increased convexity, thickening, and yellowing of nails.
  - Found in Lymphedema, bronchitis, chronic bronchiectasis.
- **COSTOCHONDRAL SYNDROME:** Pain in chest with tenderness over one or more costochondral junctions.
  - Similar to Tietze's Syndrome but no specific inflammation.
- **TIETZE'S SYNDROME:** Costochondritis. Swelling and tenderness of the costal cartilage.
- **MIKULICZ'S SYNDROME:** *Salivary and lacrimal enlargement* as seen in several diseases:
  - Sarcoidosis
  - Tuberculosis
  - Leukemia
- **MUNCHAUSEN SYNDROME:** *Malingering* - fabrication of a clinically convincing disease by an itinerant malingerer.
- **PICKWICKIAN SYNDROME:** Symptom cluster
  - Obesity
  - Hypoventilation
  - Somnolence
  - Erythrocytosis
- **RESTLESS LEGS SYNDROME:** Need to stretch legs at night before going to sleep; twitch in legs causing insomnia.
- **STRAIGHT BACK SYNDROME:** *Loss of normal kyphosis of thoracic spine* ----->
  - Straight spine
  - Ejection murmur
  - Widened cardiac silhouette on x-ray
- **SJÖGREN'S SYNDROME:** Autoimmune complex
  - Keratoconjunctivitis Sicca (dry eyes and mouth)
  - Dryness of Mucous membranes
  - Telangiectasias in face
  - Parotid enlargement