Bechet's Syndrome

Rana *Puneet*, Ojha *Jyotsna*
Department of Obstet and Gynec SP Medical College, Bikaner (Rajasthan)

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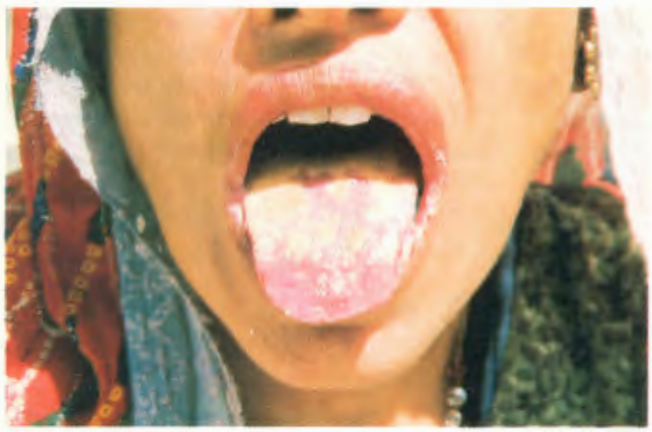
Introduction

Bechet's syndrome is a multi-system disorder with prevalence of 1:10,000 to 1:500000.

Case Report

A 30 year old, para 4 with last child birth five years back was admitted to the institute complaining of painful recurrent genital and oral ulcerations with complete disappearance and reappearence of lesions for the past four years associated with joint pains around knees for the last three years, and more so for the past four days.

A general examination revealed nothing abnormal. A local examination revealed papular eruptions in the right thigh and costal region. Pathergy test (skin inflammatory reactivity to interadrenal saline injection) was positive. Local examination of the ulcerated areas (both oral and genital) revealed shallow ulcers with yellowish necrotic base. (Photograph 1 and 2).



Photograph 1 : Oral ulcerations with yellowish base

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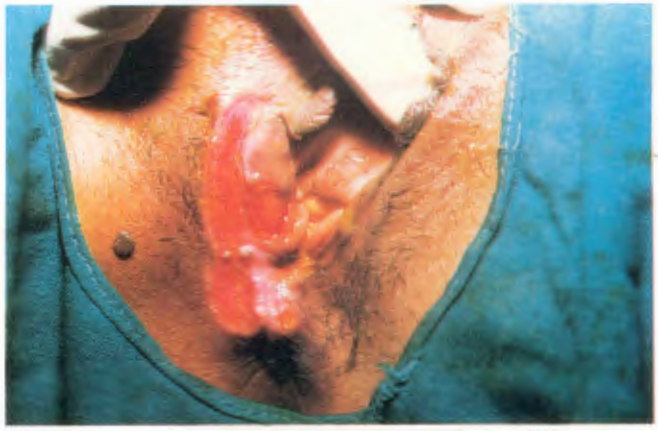
Correspondence :
Jyotsna Ojha
Ambika Bhawan, C-9, Shashtri Nagar, Bikaner - 334 001.
Tel. 91-151-528877.



Photograph 2 : Vulvo-vaginal ulcerations with yellowish necrotic base.

Routine blood investigations revealed leucocytosis and incrased ESR (TLC-12,200, ESR - 55 in 1st hour) with C-reactive protein positive. Tests for syphilis, Brucella, HIV and hepatitis were negative.

A biopsy of the ulcer was taken and the histology revealed vasculitis with nonspecific inflammation. The diagnosis of Bechet's syndrome was arrived at. She was given symptomatic treatment. Oral ulcerations were treated with glucocorticoid mouthwash, and genital ulcerations and skin eruption with glucocorticoid ointment. Systemic therapy in the form of prednisone 1mg/kg/per day was given. The patient was completely free of symptoms after seven days and discharged after further seven days' observation. A follow up of the patient revealed no recurrence.

Discussion

Bechet's syndrome is rare and affects multiple systems. Recurrent genital ulcerations is one of the features that gets the gynecologist involved in the management. A patient can be relieved with proper therapy.