

Case 8-2009: A 36-Year-Old Woman with Headache, Hypertension, and Seizure 2 Weeks Post Partum
(N Engl J Med 2009;360:1126-37)

【Problem List】

- # 産褥 今回の妊娠周産期に合併症なし
- # 頭痛 産褥 10 日目より出現し増悪傾向。間欠的で早朝と夕方に強い。
- # 高血圧
- # けいれん
- # 神経巣症状 運動失調、失語、右片麻痺、意識レベル低下。
- # 脳画像所見 産褥 11 日目で正常、18 日目（入院前日）で血管原性浮腫状の脳実質変化と大脳動脈の多巣性の狭窄、19 日目（入院初日）で虚血状の脳実質変化と動脈狭窄の増悪。
- # 脳脊髄液所見 細胞なし、蛋白軽度上昇、糖正常、no bacterial growth
- # 抗カルジオリピン IgM 抗体高値, D-dimer 高値, 赤沈上昇
- # 尿所見 尿蛋白陽性、顕微鏡的血尿
- # 末梢浮腫

【次に行う診断的手技】

- 脳血管造影

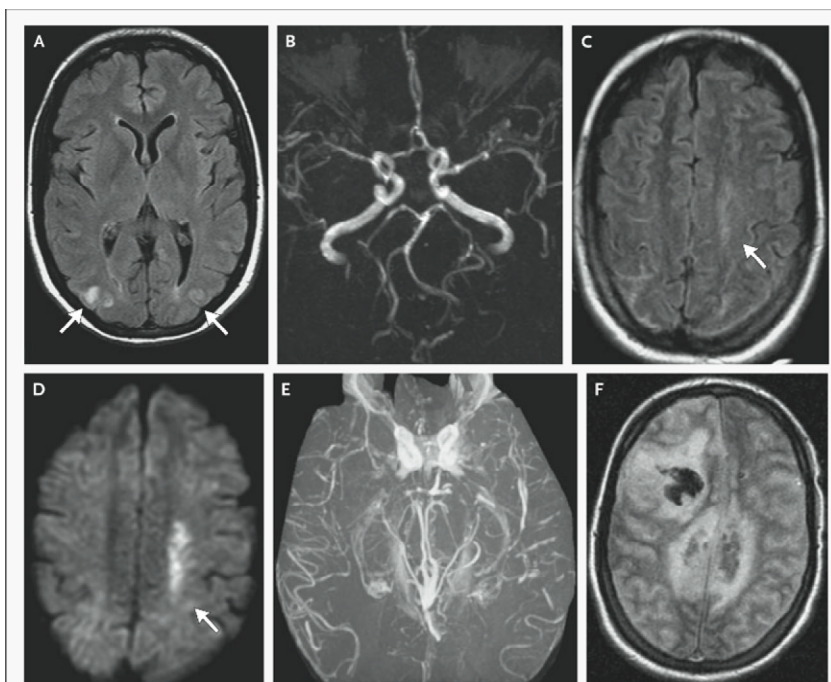


Figure 1. MRI Studies of the Brain.

A fluid-attenuated inversion recovery (FLAIR) image obtained on postpartum day 18 (Panel A) shows hyperintense regions in both parietal-occipital lobes (arrows) that had elevated diffusion (not shown), findings that are consistent with vasogenic edema. MRA of the circle of Willis (Panel B) shows multifocal stenoses in the proximal anterior, middle, and posterior cerebral arteries. A FLAIR image from MRI performed on admission to this hospital (postpartum day 19) shows a hyperintense lesion (Panel C) in the left frontal lobe (arrow). The lesion is hyperintense on diffusion-weighted images (Panel D, arrow), a finding consistent with ischemia. MRA (Panel E) shows worsening of the multifocal cerebral arterial stenoses. A FLAIR image from MRI performed on hospital day 6 (Panel F) shows bilateral cerebral infarction with edema and hemorrhage.

Table 1. Types and Causes of Postpartum Headache.

Primary headache disorders
Migraine
Tension-type headache
Primary thunderclap headache
Causes of secondary headaches
Postdural puncture headache
Embolic stroke
Carotid- or vertebral-artery dissection
Aneurysmal subarachnoid hemorrhage
Parenchymal brain hemorrhage
Cerebral venous sinus thrombosis
Meningitis, encephalitis
Pituitary disorders (e.g., pituitary apoplexy or the Sheehan syndrome)
Postpartum preeclampsia and eclampsia
Reversible posterior encephalopathy syndrome
Postpartum angiopathy (a reversible cerebral vasoconstriction syndrome)
Coincidental conditions (e.g., cerebral vasculitis or brain tumor)