A 50-year-old woman presented with dysphagia since 1 week. She did not drink alcohol and there was no history of systemic disease, including dermatologic, immunologic, or genetic disease. The initial laboratory findings, complete blood count, and serum biochemistries were normal, except the serum vitamin B₁₂ level, which was 52 pg/mL (normal range: 126–505 pg/mL). Upper endoscopy revealed pangastritis with whitish strips and pseudomembranes on the esophageal mucosa, which peeled off similarly to eosinophilic esophagitis or a lesion of dermatologic origin (Fig. 1). The lesions, which presented as discrete patches starting in the upper esophagus, extended diffusely through the entire esophagus. While the gastric biopsy samples showed features of atrophic gastritis, the esophageal biopsy samples were interpreted as parakeratosis (Fig. 2).

Serum antiparietal antibodies were also positive. The patient was diagnosed as having early-stage pernicious anemia and positive. The patient was diagnosed as having early-stage pernicious anemia and having pernicious anemia due to vitamin B₁₂ deficiency [1]. The control biopsy samples showed only the established findings of pernicious anemia, such as low hemoglobin, other cytopenias, neurologic findings, and hemolysis. Like the majority of reported cases of esophageal parakeratosis due to nutritional deficiencies, our patient’s symptoms and signs also resolved after replacement of the specific deficiency [7].

Dysphagia resolved with vitamin B₁₂ therapy: a case of esophageal parakeratosis

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B. Kayhan¹, S. Olmez¹, E. Ozaslan¹, E. Uner¹, N. Turhan², T. Koseoglu¹, T. Purnak¹

¹ Department of Gastroenterology, Ankara Numune Education and Research Hospital, Ankara, Turkey
² Department of Pathology, Turkeye Yürek Ihtisas Training and Research Hospital, Ankara, Turkey

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Corresponding author

T. Purnak

Department of Gastroenterology, Ankara Numune Education and Research Hospital
PK 203, 06443 Yenisehir
Ankara
Turkey
Fax: +90-312-4414694
purnakt@yahoo.com