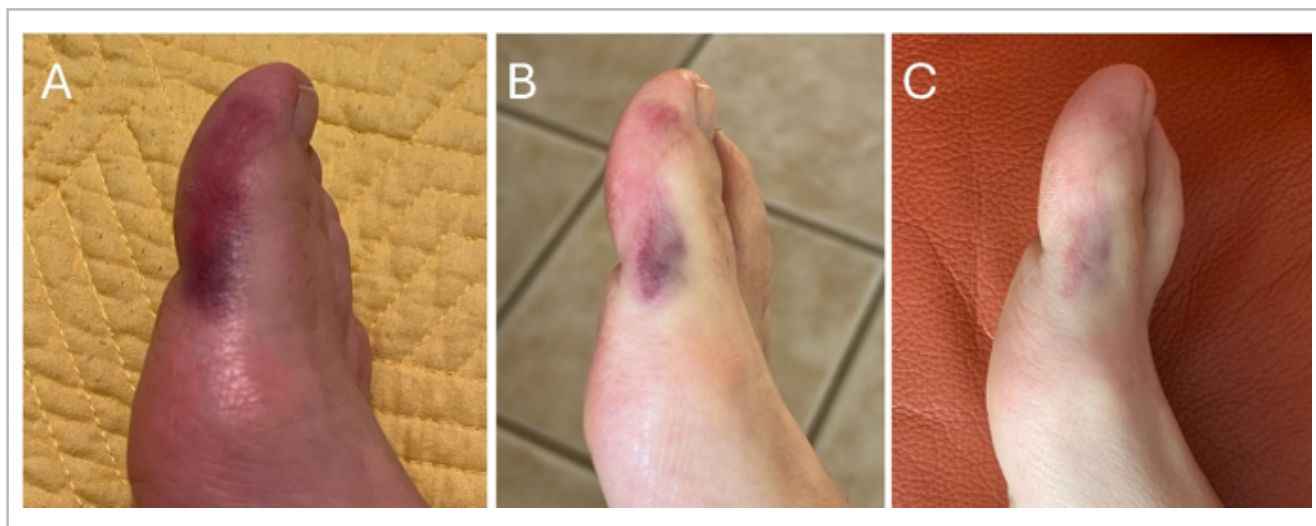


## Paroxysmal acral hematoma of the foot Achenbach syndrome

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**Figure 1.** Clinical photographs of the right foot showing A: acute ecchymosis of the plantar and internal lateral surface of the right big toe two hours after onset; B: 24 hours after onset; C: 72 hours after onset.

A female patient in her 40s presented to the emergency room complaining of a burning, intense, pulsatile pain two hours prior with ecchymosis of the plantar and internal lateral surface of the right great toe. She was diagnosed with Achenbach syndrome (AS) and treated with topical heparin three times a day, with symptom resolution within 72 hours (Figures 1: A, B, C).

Achenbach syndrome (1) (paroxysmal hematoma of the digits) has an unknown etiology, and manifests with sudden onset pain on the palmar surface of a finger (2) or toe (3), along with color changes. The prevalence, with female predominance, is 12.4:1.2 in 72 patients between the ages of 22 and 76 years (4).

It is a diagnosis of exclusion, ruling out the following: Raynaud's syndrome, ischemia, Buerger's disease, acrocyanosis, acrorigosis, Gardner-Diamond syndrome, Takayasu arteritis and the use of salicylates and/or anticoagulants.

Treatment is conservative, with ecchymosis resolution within three or four days; there may be recurrence.

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