Case Report

Spontaneous lumbo-sacral epidural hematoma presenting as Cauda Equina syndrome: a case report

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ABSTRACT

Spinal epidural hematoma (SEH) is a rare condition and it accounts for less than 1% of all spinal canal space occupying conditions. Spontaneous SEH most commonly occurs in the cervical and thoracic regions. They present with neck or back pain with radiculopathy and/ or myelopathy. Early surgical decompression is the recommended treatment in the presence of progressive neurological deficits. Spontaneous SEH (SSEH) presenting as Cauda Equina syndrome (CES) are rarely reported in the literature. We present a case of SSEH presenting late with CES. Due to delay in presentation and multiple co-morbidities, patient was treated conservatively.

Keywords: Spontaneous spinal epidural hematoma, Cauda equina syndrome, Lumbo-sacral hematoma

INTRODUCTION

Spinal epidural hematoma is a rare condition and it accounts for less than 1% of all spinal canal space occupying conditions. Spontaneous SEH (SSEH) commonly occurs in cervical and thoracic region and early surgical decompression is usually recommended. We present a rare case of SSEH presenting as cauda equina syndrome, managed conservatively because of multiple co-morbidities and high risk of bleeding.

CASE REPORT

A 54 years old male foreign citizen, presented with acute onset of severe low back pain radiating to both lower limbs with associated weakness of both legs, 4 weeks prior to his admission. His weakness resolved significantly over 3-4 hours of presentation. He also had urinary retention, constipation and hypoesthesia over perianal region. He was diabetic and hypertensive. He had chronic kidney disease with renal failure for which he had renal transplant 25 years back. He had undergone aortic valve replacement surgery 3 months back and was on anticoagulants (Warfarin).

Figure 1: (A, B) T1 and T2 sagittal images showing the extradural hematoma at L5/S1 level.
He also had multiple other surgical procedures like cholecystectomy, hydrocele surgery, vocal cord surgery, cataract surgery in the past. He was on tablet Warfarin 3.5 mg once daily and tablet Ecosprin 75 mg once daily and immunosuppressant. His INR was 2.28. Neurological examination confirmed partial cauda equine syndrome with good motor power (Grade-4), intact sensory system and urinary retention requiring indwelling catheter. MRI of lumbosacral region showed extradural hematoma at L5-S1 level (Figure 1a, b; 2 a, b). After detailed discussion with patient and his physicians we planned for surgical decompression and evacuation of hematoma. He had episode of hematuria after starting bridge therapy with heparin and his INR was still high. Hence patient was counseled in favor of conservative treatment as there was considerable risk of anesthesia and bleeding from surgery.

Magnetic resonance imaging (MRI) is the investigation of choice. Surgical intervention in the form of laminectomy and clot evacuation is the recommended treatment. Preoperative neurological status and the timing of surgery are very important in the final outcome and results are satisfactory if operated within 12-24 hours of onset of symptoms.8 There are scattered reports of successful conservative management of four cases of SSEH and a case of recurrent cervical epidural hematoma spontaneously resolving in a 37 week primigravida.9,10 Hematoma may resolve spontaneously within four months and outcomes are reported to be poor without surgical intervention9. Non-operative management is thus reserved only for those who are symptomatic but not good surgical candidates.11

Our patient had multiple co-morbidities. After stopping oral anticoagulant and starting bridge therapy with heparin, patient had frank hematuria. Hence, we offered him conservative treatment.

CONCLUSION

SSEH is a rare cause of back pain and permanent neurological deficit. Several causes have been described as possible risk factors for development of SSEH. There are scattered reports of conservative treatment in selective cases. The mainstay of the treatment is surgical.

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