

DIAGNOSIS OF SCURVY IN ADULT WITH SATISFACTORY THERAPEUTIC RESPONSE IN A MEDICAL CLINICAL WARD: A CASE REPORT

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Abstract: Introduction: Scurvy is a rare and uncommon disease in developed countries, since due to its clinical heterogeneity, the disease can simulate rheumatological conditions and delay its diagnosis and treatment. **Objective:** To report and present the medical community about the possibility of a diagnosis of epidemiological importance and easy treatment. **Methodology:** Relevant data from a patient's medical record were used after his authorization in a free and informed consent term, exposing the risks and benefits. **Results:** Male, 34 years old, taken to a tertiary hospital due to prostration, asthenia, loss of 3 kg of body weight and spots on the limbs for a month. Laboratory tests were all normal, including electrolytes, folic acid, vitamin B12, calcium, magnesium, liver function and injury, kidney function, except for the anemia in which the blood count analysis showed red blood cells of normal size and color, suggesting chronic disease, after having discarded occult blood in stool and urine tests. An interconsultation with the dermatology team was requested due to perifollicular hemorrhages in the lower limbs, thus suggesting the hypothesis of scurvy. After that, an active investigation was carried out on the patient's life history and eating habits, since he did not ingest vitamin supplements and his diet was considered low in fresh fruits and vegetables. To confirm, a laboratory test was collected which confirmed ascorbic acid deficiency in the blood. Intravenous and oral replacement was started and after 10 days the patient evolved with complete disappearance of the skin lesions and total improvement of the symptoms that he previously reported, was discharged from the hospital and referred for outpatient follow-up. **Conclusion:** Despite being a rare disease, it must be remembered as a differential diagnosis in hemorrhagic and rheumatological disorders and it is essential that the physician is aware of the clinical

picture in order to make the diagnosis due to its easy and effective therapeutic intervention.

Keywords: Ascorbic acid. Purple. Vasculitis.