Abstract:

Introduction

Aplastic anemia (AA) is a syndrome characterized by chronic primary hematopoietic failure. This failure occurs due to damage, resulting in a reduction or absence of hematopoietic precursors in the bone marrow, leading to pancytopenia. The clinical signs of this condition could show a range of presentations, posing significant difficulties in arriving at an accurate diagnosis. In this report, we present a case of a patient diagnosed with AA, who initially presented with isolated thrombocytopenia.

Case History

A male patient, aged 75, presented with ecchymotic patches on both upper limbs and chest. The preliminary investigations revealed thrombocytopenia, leading to the subsequent diagnosis of immune thrombocytopenic purpura (ITP). During his hospitalization, the patient acquired pneumonia in the context of lymphopenia. A bone marrow aspiration and trephine biopsy were performed, revealing the presence of pancytopenia, potentially indicating AA or early stages of hypoplastic myelodysplastic syndrome. The patient was treated with intravenous antibiotics and had a good recovery.

Conclusion

The initial presentation of aplastic anemia (AA) in elderly individuals may involve a reduction in single-cell lineage. Although aplastic anemia is a rare phenomenon, it should be considered a potential diagnosis in patients presenting with a reduction in single-cell lineage.