

A Unique Case of Chronic Hyponatremia Secondary to Alcohol Potomania Resulting in Complex Neurodegenerative Condition

Dr. Srinidhi Mohan Chitra

The Royal Wolverhampton NHS Trust.

Dr. Mohan Mariappan

The Royal Wolverhampton NHS Trust.

Abstract:

The consumption of alcohol has a casual role in more diseases, injuries and other health condition. The alcohol related disease and injuries results in global burden which can be assessed based on scientific evidence available for part of alcohol use in their cause, occurrence and consequences. Alcohol potomania, a syndrome of hyponatremia which is the result of having excessive alcohol consumption, particularly beer, together with poor dietary intake requires awareness among population and needs immediate medical attention. Chronic hyponatremia, a common electrolyte imbalance seen in elderly care patients that shares mutual link with brain affecting patient ability to lead healthy independent life. We discuss about an elderly patient who presented initially with collapse and hyponatremia with no significant past medical history. Patient known to have habit of excessive beer consumption and poor dietary intake secondary to occupation. Over few years, patient had recurrent hospital admission for fall due to unsteady gait and balance issue. With in few months patient had rapid decline in mobility from stick to wheelchair. Patient has progressive neurological deterioration with chronic hyponatremia including increased rigidity in bilateral upper limb, visual changes, dysphonia, square wave jerks with restriction of eye movements and cognitive impairment. Initial diagnosis of Parkinson's was made and was treated with levodopa. However, his neurological condition has deteriorated. Subsequently, he was diagnosed as PSP and managed with high dose of dopa for symptoms control. The evaluation and management of this complex case involves multidisciplinary team involving both community and tertiary care. Awareness campaigns, education and early recognition of alcohol potomania would immensely benefit to both population and health care systems.

Keywords:

Alcohol potomania, Chronic hyponatremia, Parkinson disease, Progressive supranuclear palsy.