Catamenial Pneumothorax

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Fig. 1 Chest radiograph shows a collapsed right lung.

A 46-year-old woman presented with 3 days of dyspnea and right-sided pleuritic chest pain. She mentioned seven prior episodes of mild shortness of breath and right-sided pleuritic chest pain occurring within 48 hours of menstruation onset. Physical examination revealed tachypnea and decreased lung sounds on the right, with hyper-resonance on percussion. Chest radiograph showed a collapsed right lung (Fig. 1). Laboratory tests revealed high levels of cancer antigen-125, suggesting endometriosis. Thoracoscopy showed multiple diaphragmatic blueberry spots at the periphery of the central tendon's right leaflet (Fig. 2). The patient was diagnosed with catamenial pneumothorax. She underwent video-assisted thoracoscopic surgery and hormonal therapy with danazol. After 5 years, there has been no clinical evidence of recurrence.

Catamenial pneumothorax, which affects women of reproductive age and occurs within 72 h of menstruation onset,¹ is the most common manifestation of thoracic endometriosis. The right side is involved in the majority of cases.² Endometrial

Fig. 2 Thoracoscopy shows multiple diaphragmatic blueberry spots at the periphery of the central tendon's right leaflet (arrows).

implants are visualized as blueberry spots on the pleurodiaphragmatic surface. A combination of video-assisted thoracoscopic surgery and hormonal therapy (gonadotropin-releasing hormone analogs, danazol or aromatase inhibitors for 6 to 12 months) is the preferred approach for treatment and prevention.^{3,4}

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Compliance with Ethical Standards:

Conflict of Interest: The authors declare that they do not have a conflict of interest.

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