

# Bilateral adrenal haemorrhage after blunt abdominal trauma

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A 42-year-old man was referred to the authors' department approximately 1 hour after a vehicle accident. Computed tomography revealed bilateral massive adrenal bleeding (**Figure 1**). The patient's haematocrit level was low during his hospitalisation. A blood transfusion was performed. Throughout the course of the patient's stay in hospital, there were no signs of adrenal insufficiency. The patient's vital signs remained stable 2 days after admission. A control computed tomography examination was also performed to exclude an adrenal neoplasm. A contrast-enhanced computed tomography scan showed good resolution of the haematomas (**Figure 2**) and no evidence of neoplasm, and the patient was discharged on the 14th day post admission.

Although adrenal insufficiency is very rare, unexplained clinical deterioration when there is a known bilateral adrenal haemorrhage should raise suspicion of adrenal insufficiency. Delays in diagnosis may significantly increase morbidity and mortality rates (Rana et al, 2004; Sinelnikov et al, 2007).

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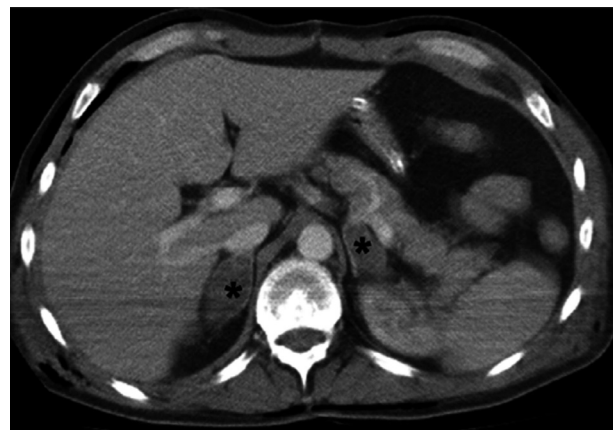
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**Figure 1.** On admission, contrast-enhanced axial computed tomography scan showed bilateral adrenal attenuation that indicated local bleeding (asterisks).



**Figure 2.** A follow-up contrast-enhanced axial computed tomography scan showed good resolution of the adrenal haematomas (asterisks) and complete resolution of the periadrenal haemorrhage.