18 year old with chest pain

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History of Present Illness

Patient is an 18 year old male with 1 month history of nausea and decreased appetite with 20 lb weight loss. He presents with acute onset chest pain and shortness of breath that started right after eating.

PMHx: Endoscopy last week unremarkable

Pneumomediastinum
Note free air within mediastinum
Pneumomediastinum

- Presence of air/gas in mediastinum.
- Classified as traumatic or spontaneous.
  - Traumatic causes include blunt force, penetrating injury, or iatrogenic.
  - Spontaneous causes involve an underlying condition like asthma (most common), cystic fibrosis, retching, aspiration, or inhalational drug use.

- Uncomplicated pneumomediastinum is managed conservatively with rest and analgesia.
- Underlying conditions are managed as otherwise indicated.
References
