

# 18 year old with chest pain

Ardian Latifi, MS

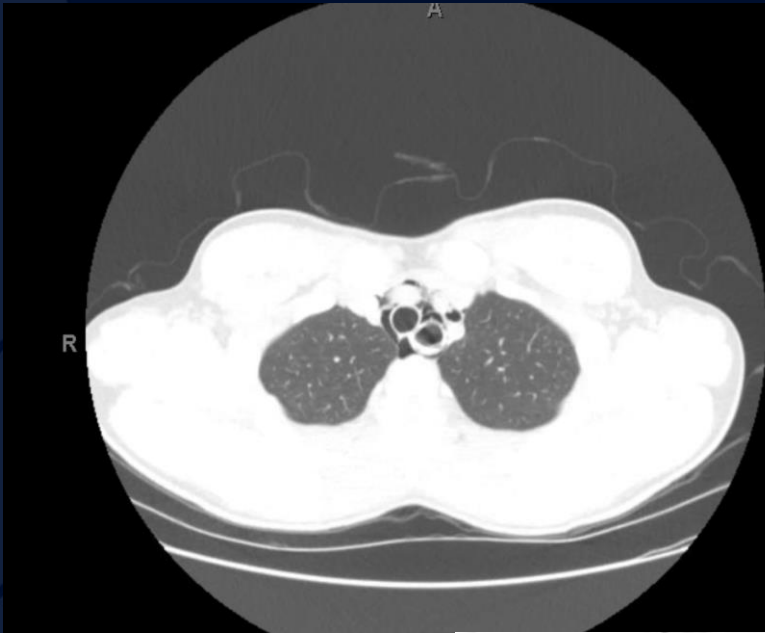
Aladdin Tarakji, M.D.

# 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

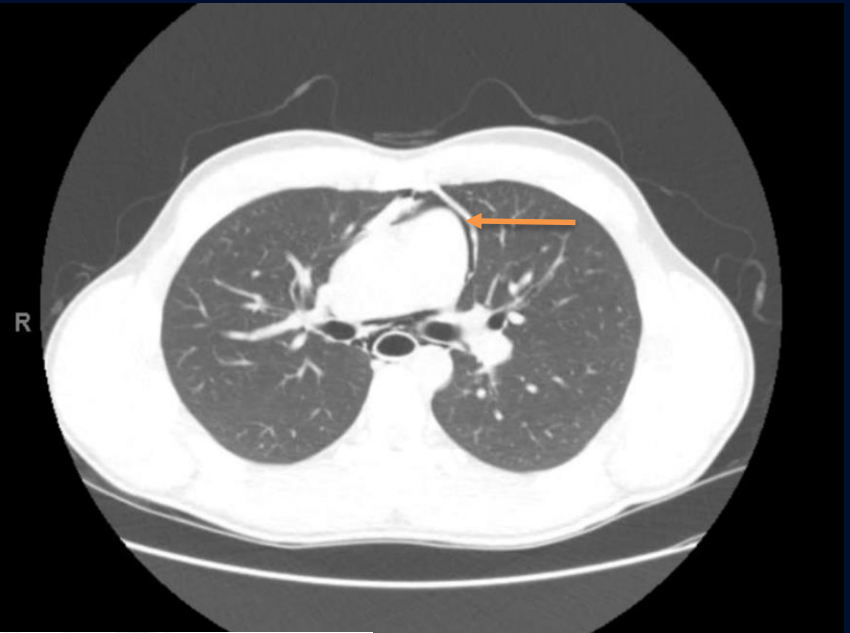
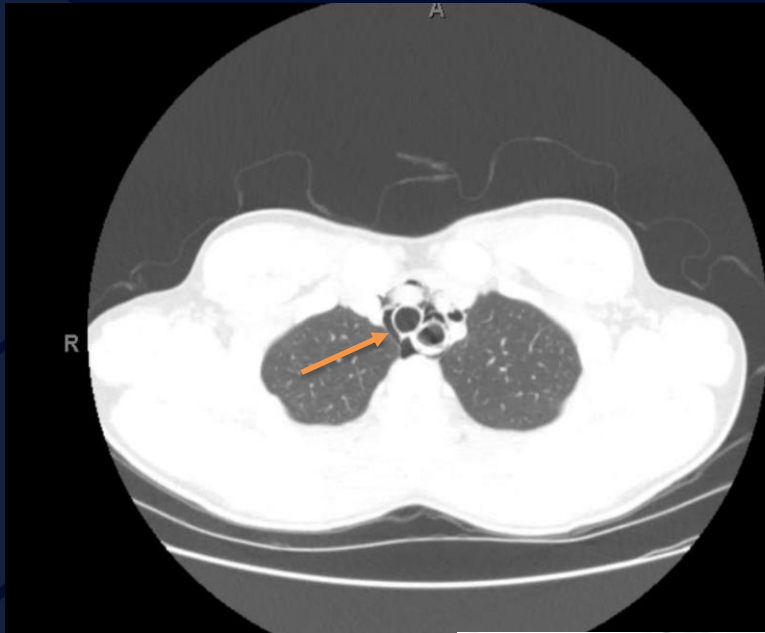
On exam, vital signs normal. Sternal tenderness and pleuritic pain. Negative Hamman's sign.



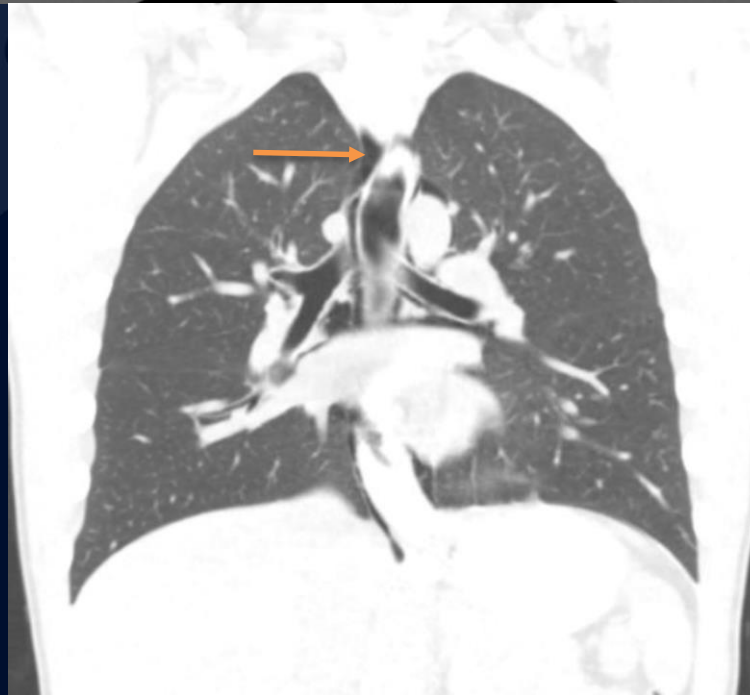
A large, stylized oak leaf graphic in a dark blue color, positioned on the left side of the slide. It features detailed vein patterns and a lobed edge.

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# 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

- Dekel B, et al. “Spontaneous pneumomediastinum in children: clinical and natural history.” Eur J Pediatr. 1996;155(8):695
- Fitzwater JW, et al. “Management of spontaneous pneumomediastinum in children.” J Pediatr Surg. 2015 Jun;50(6): 983-6.