Postexertional harlequin syndrome with spontaneous improvement

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DESCRIPTION
This man’s episodes of unilateral sweating (figure 1), flushing and piloerrection started after heavy physical work moving 20 tons of gravel. Harlequin syndrome may be due to an underlying defect in the region of the thoracic sympathetic outflow as discussed in the literature. Sudomotor and vasomotor sympathetic fibres exiting the spinal cord through the second and third thoracic roots have been implicated and it is conceivable that extreme exertion may have been associated with arterial dissection and disruption of an anterior radicular artery at this level.\(^1\) Thoracoscopic sympathectomy was considered but not performed and he did show spontaneous improvement over 3 years of follow-up.

Learning points
- Harlequin syndrome is an unusual cause of unilateral loss of sweating, generally noticed by the patient because of contralateral flushing and hyperhidrosis.
- The onset can be after heavy exertion or trauma, raising the possibility of arterial dissection as the underlying cause.
- Harlequin syndrome is benign and may show spontaneous improvement over time, thus obviating the need for surgical intervention.

Competing interests None.
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REFERENCE