

中文題目：派對後之致命低血鈉

英文題目：Life-threatening hyponatremia after a raving party

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Abstract

MDMA (a.k.a. “ecstasy”, 3,4-methylenedioxymethamphetamine) is a globally notorious abused substance among youth. Through its peculiar pharmacological effects, it may either induce hyperthermia or life-threatening hyponatremia. Although there have been cases reported worldwide, there has yet to be any discussion regarding MDMA-associated hyponatremia in Taiwan. Here we present a case using MDMA during a rave party with severe hyponatremia.

Case Report

A 33-year-old male was brought to our emergent department due to an altered mental status (GCS: E2V1M4). Prior to arrival, a 10 seconds seizure was noted and he had been comatose since. The physical examination and laboratory workup showed severe euvolemic hyponatremia with a serum sodium level of 116 mmol/L. Due to his conscious disturbance and seizure attack; hypertonic sodium repletion with 3% Saline was ordered.

The patient’s consciousness improved somewhat after infusion but was still irritated. Furthermore, marked elevated serum sodium as 15 mmol/L within 12 hours was noted after the hypertonic sodium repletion. As there was an imminent risk of osmotic demyelination syndrome, sodium-free fluid as Dextrose 5% infusion with intravenous DDAVP was prescribed for prevention.

The cause of his severe hyponatremia was obscure initially. In query, the patient’s friends mentioned that they were in a party and the patient was all well until seizure developed. Due to this correlation, we arranged a blood toxic screen and MDMA was identified.

Conclusion

Severe life-threatening hyponatremia in young patient is relative rare. If the young patients present with combined severe symptomatic hyponatremia, polydipsia or hyperthermia after joining a rave party, the MDMA intoxication should be excluded. With the high mortality as 50% from previous literature, and the characteristic of rapid response during sodium repletion, the intensive care and frequently monitor of

serum sodium level should be arranged.

關鍵字：搖頭丸，低血鈉，低血鈉過度矯正

Key words: MDMA, overcorrection of hyponatremia, DDAVP