

中文題目：這位小姐有精神疾病嗎？抗 NMDA 受體腦炎的病例報告

英文題目：Is this young lady psychotic? A case of anti-N-Methyl-D-Aspartic acid (anti-NMDA) receptor encephalitis

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Background: Anti-N-Methyl-D-Aspartic acid (NMDA) receptor encephalitis is a recently discovered disease to cause psychosis-like symptoms. Here, we present a case of a teenager who suffered from the disease for months before being accurately diagnosed.

Case: A 20-year-old student with no underlying systemic disease, initially presented with auditory hallucinations with large emotional fluctuations. Accompanying symptoms include anorexia, insomnia, daytime mutism. She was then treated as psychosis but use of antipsychotics were ineffective. Later, she was found to be feverish with stools and urinary incontinence. Physical examination showed seizure-like movement, orofacial dyskinesia, rigidity, autonomic instability, catatonic mutism. Multiple survey tests were not remarkable. Ceftriaxone was prescribed. Symptoms did not improve after discontinuing the antipsychotic agents for 2 weeks. Anti-NMDA receptor antibody was tested positive in a repeated CSF study. Steroid pulse therapy and plasma exchange therapy were used. She soon regained consciousness and was well oriented by the second day of plasma exchange. She was discharged with prednisolone and azathioprine after 42 days of hospital stay. She made complete recovery since. Follow up with the gynecologist revealed enlarging right ovarian complex cyst. Pathological specimen from laparoscopy enucleation surgery showed dermoid cyst of ovary.

Discussion: Anti-NMDA receptor encephalitis causes rapid development of personality changes, confusion, irritation, depression, seizures, short-term memory loss. This disease is often missed as patients would initially visit a psychiatrist first before being accurately diagnosed. This encephalitis often occurs when autoantibodies react with neuronal cell surface auto-antigens. Prognosis is usually good with early tumor removal.