

HENOC-SCHÖNLEIN PURPURA

Henoch-Schönlein Purpura (HSP) is More Common in Children than Adults

In a Small Minority of Cases, Henoch-Schönlein Purpura Can Cause Severe Kidney or Bowel Disease

Henoch-Schönlein Purpura (HSP) is a disease that causes inflammation and bleeding in the small blood vessels of the skin, joints, intestines and kidneys. HSP can affect anyone, but is most common in children between ages 2-6.

Please read the following summary to learn more about Henoch-Schönlein Purpura, its symptoms and treatment options.

01 | Cause and Symptoms

In the majority of cases, the disease follows an upper respiratory tract infection; however, no single organism or environmental exposure has been linked to HSP.

There are four main characteristics of HSP:

- **Rash (purpura):** reddish purple spots that develop mainly on the buttocks, legs and feet. The rash can also appear on the arms, face and trunk and may be worse in areas of pressure, such as the sock line and waistline.
- **Swollen, sore joints:** HSP may cause pain and swelling around the joints, mainly in the knees and ankles. These symptoms diminish when the disease clears and leave no lasting damage.
- **Gastrointestinal symptoms:** abdominal pain, nausea, vomiting or bloody stools may occur before the rash develops.
- **Kidney impairment:** Blood or protein in the urine can indicate that HSP has affected the kidneys. In most cases, this goes away once the illness passes; however, kidney disease may develop and persist in rare circumstances.

02 | Diagnosis

Diagnosis can usually be determined by the presence of common symptoms (rash, joint pain and abdominal pain). Your medical provider may order tests to rule out other diseases, confirm HSP and assess its severity. Tests may include Skin and/or Kidney Biopsy as well as urine and blood tests.

03 | Treatment

Over-the-counter pain medications and nonsteroidal anti-inflammatories may be recommended for joint pain. In more severe cases, corticosteroid medications may be used. Keeping the legs elevated can help prevent purpura. Symptoms usually subside after four to six weeks without causing any permanent damage.

For more information, please visit:

<https://www.niddk.nih.gov/health-information/kidney-disease/henoch-schonlein-purpura>

Did You Know?

Over 90% of cases occur in children

References

<https://www.mayoclinic.org/diseases-conditions/henoch-schonlein-purpura/diagnosis-treatment/drc-20354045>

<https://www.webmd.com/skin-problems-and-treatments/henoch-schonlein-purpura-causes-symptoms-treatment#3>