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Abstract

Acute disseminated encephalomyelitis (ADEM) in a four-year-old Sudanese girl

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Acute disseminated encephalomyelitis (ADEM) is an acute demyelinating disease, of autoimmune etiology, which affects children most commonly. It is a white matter inflammatory disease and usually follows a viral infection, a nonspecific upper respiratory infection or vaccination. ADEM is predominantly a disease of children and in particular those younger than 10 years. Most cases have favorable outcome, but few are severe or fatal. Diagnosis carries important therapeutic and prognostic implications. MRI is the neuroimaging study of choice for establishing the diagnosis and for following the course of the disease. Multiple sclerosis is the main differential diagnosis. Rarely there is what is called ADEM-like presentation. Most children respond well to corticosteroids.

Here we present a four-year-old girl admitted with ADEM with typical MRI changes and favorable prognosis after aggressive management in our hospital.

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