

# Abdominal Pain «Without a Good Reason» Think Acute Hepatic Porphyrria!

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- Acute hepatic porphyrias are (not so...) rare metabolic disorders affecting adult carriers
- Massive abdominal pain, sometimes accompanied by dark reddish / brown urine, is the main manifestation of an acute porphyria attack
- Untreated, the acute attack can become disabling and life threatening
- Triggers include commonly used pharmaceutical drugs, stress, lack of carbohydrates, anesthetics
- A simple and specific urine test can support the diagnosis

**In the healthy liver:**

Hi, I am Heme O' Globin, better known by my nickname «The Red Blood Dye»!

And indeed, I do transport the oxygen in the blood ...

...however, I am equally important in the liver! There, I help neutralize toxins and break down pharmaceutical drugs

Acute hepatic porphyrias (AHP) are inborn errors of metabolism. They affect the synthesis of the red blood dye «heme» in the liver.

In the liver, heme is essential to neutralize toxins and break down pharmaceutical drugs. In the healthy liver in case of a higher demand, e.g., drug intake, more heme is produced. In such instances precursors of heme accumulate in AHP sufferers.

All precursors of heme are toxic. During a so called «acute attack» they can cause severe abdominal pain, nausea, vomiting, constipation or diarrhea, muscle pain, numbness and paralysis, anxiety, confusion and hallucinations, high blood pressure and changes in the electrolyte composition.

Trigger factors of acute attacks are many commonly used pharmaceutical drugs - including pain killers (!) - stress, fasting, infections and other unknown factors.

**Acute Hepatic Porphyrrias**

Instead of support, immature hooligans of the O' Porphyrins family make a lot of nonsense! That can't be healthy...

THIS is how they try to get rid of us!!!!

How to diagnose: In the symptomatic phase, the substances aminolevulinic acid and porphobilinogen are massively elevated in the urine. Abnormally colored urine can be a sign of an acute attack.

If an acute hepatic porphyria is suspected, please consult with a national porphyria reference center:

European Porphyrria Network: [www.porphyrria.eu](http://www.porphyrria.eu)

The Porphyrrias Consortium: [www.rarediseasesnetwork.org/cms/porphyrias](http://www.rarediseasesnetwork.org/cms/porphyrias)

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