

# Acute CNS complications after breath-hold diving in teens

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(HealthDay)—Acute central nervous system complications can occur in children after breath-hold diving, according to a case report published online Aug. 10 in *Pediatrics*.

Stefani Harmsen, M.D., from the Heinrich-Heine University in Düsseldorf, Germany, and colleagues reported two cases of children with acute [central nervous system](#) complications after breath-hold diving.

The researchers describe one case of a 12-year-old boy who presented with unilateral leg weakness and paresthesia after diving about 25 m beneath the [water surface](#). He felt extreme thoracic pain after ascent that resolved spontaneously. Right leg weakness and sensory deficits with a sensory level at T5 were revealed on neurologic examination. In spinal magnetic resonance imaging (MRI), a non-enhancing T2-hyperintense lesion was revealed in the central cord at the level of T1/T2, indicative

of spinal cord edema. In a second case, a 13-year-old girl was admitted with acute dizziness, personality changes, confusion, and headache about 30 minutes after diving beneath the water for a distance of about 25 m. She felt sudden thoracic pain and lost consciousness after stepping out. She experienced headache, vertigo, and numbness of the left side a short time later. Reduced sensibility to all modalities, a positive Romberg test, and vertigo were reported in neurologic examination, with no pathologic findings on MRI.

"This condition has been reported for the first time to occur in [children](#) after breath-hold diving beneath the water surface without glossopharyngeal insufflation," the authors write.

**More information:** [Abstract](#)  
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