*Case report*

**Primary Evans Syndrome with Concurrent Autoimmune Hemolytic Anemia and Immune Thrombocytopenia: A Case Report**

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ABSTRACT

Evans syndrome exists as a rare autoimmune condition that combines autoimmune hemolytic anemia with immune thrombocytopenia which can occur simultaneously or in sequence. A 43-year-old female with multiple comorbidities received successful Evans syndrome management which added valuable information to diagnostic methods and treatment results in the literature. The patient exhibited severe shortness of breath together with palpitations, syncope and jaundice which presented classical features of both hemolytic anemia and thrombocytopenia. Medical professionals diagnosed primary Evans syndrome through systematic investigation which excluded secondary causes and treated it successfully with corticosteroids leading to improved hematological results. The treatment of Evans syndrome requires systematic diagnostic procedures followed by immediate appropriate therapy according to this case.

*Keywords: Evans syndrome, autoimmune hemolytic anemia, immune thrombocytopenia, corticosteroid therapy, case report*

1. INTRODUCTION

The rare autoimmune disorder Evans syndrome exists when patients experience autoimmune hemolytic anemia together with immune thrombocytopenia. Medical experts have not determined the exact cause of this condition but multiple genetic and environmental and immunological factors seem to trigger self-tolerance failures that produce autoantibodies against blood cells [1,2]. Patients who suffer from Evans Syndrome might develop additional autoimmune conditions such as autoimmune neutropenia and autoimmune hepatitis and systemic lupus erythematosus.

A diagnosis of Evans Syndrome requires testing blood samples alongside performing bone marrow aspiration along with potential genetic testing. Management strategies for Evans Syndrome focus on immunomodulatory drugs with corticosteroids and rituximab together with splenectomy for controlling the autoimmune process along with its clinical manifestations [3]. Evans Syndrome represents an essential case for multiple essential reasons. Medical professionals encounter difficulties in Evans Syndrome diagnosis because the condition is rare and shows multiple clinical features thus leading to delayed treatment that worsens patient outcomes. Evans Syndrome lacks effective treatment methods because scientists have not determined its origins and additional research is needed to identify the autoimmune disease mechanisms [3,4,5].

The treatment of Evans syndrome becomes challenging because patients may require numerous treatment options due to disease refractoriness and relapses. Additional research must focus on disease development understanding while developing better treatment options that address Evans Syndrome specifically.

Research indicates that Evans Syndrome exists with other autoimmune diseases and myelodysplastic syndromes based on descriptions found in literature which demonstrates these diseases share a molecular connection [2]. This potential link might enable research teams to discover new information about diseases that fall under the autoimmune and hematological categories and potentially help develop better diagnostic and therapeutic approaches.

2. Case Presentation

A 43-year-old female housewife visited Medical College & Hospital Kolkata because she experienced severe shortness of breath together with palpitations and syncope and dizziness when standing. She described similar events two previous times when her skin turned yellowish together with these symptoms. The patient has diabetes mellitus and hypothyroidism combined with hypercholesterolemia and hypertension which she manages through levothyroxine and metformin treatment alongside aspirin and atorvastatin medications. Her menstrual cycle included heavy bleeding which exceeded normal amounts and was painless. Diabetes and hypertension affected both parents in her family history. The patient did not show any recorded drug sensitivities or history of surgical procedures.

The patient showed signs of being conscious and cooperative yet suffered from extreme fatigue. The patient displayed severe pallor together with jaundice as important physical symptoms. Vital signs showed blood pressure measured at 129/71 mm Hg and random blood sugar level of 199 mg/dl as well as oxygen saturation at 85% and pulse rate of 123 bpm. The physician found no enlargement of liver or spleen during the examination of the patient's abdomen.

Laboratory tests at the beginning revealed substantial abnormalities in blood cell counts. Patient blood results indicated low erythrocytes and platelets along with 5 gm% hemoglobin. Peripheral blood examination showed macrocytes together with faget cells and enlarged platelets as the main findings. The Direct Coombs Test results showed positive findings which established that the patient's hemolysis had an autoimmune basis. The coagulation test results displayed elevated prothrombin time combined with elevated D-Dimer measurements. The liver tests showed increased total and direct bilirubin but all tests for HIV, HBsAg and HCV came back negative. Systemic lupus erythematosus was ruled out by the negative results from the ANA profile test.

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| **Parameter** | **Result** | **Reference Range** |
| **Hemoglobin** | 5.0 g/dL | 12-15.5 g/dL |
| **RBC Count** | 1.5 × 10⁶/µL | 4.2-5.4 × 10⁶/µL |
| **Platelet Count** | 45,000/µL | 150,000-450,000/µL |
| **Reticulocyte Count** | 20% | 0.5-2.5% |
| **Direct Bilirubin** | 1.5 mg/dL | 0.0-0.3 mg/dL |
| **Direct Coombs Test** | Positive | Negative |

**Table 1: Patient's  Initial Hematological and Biochemical Parameters**

Treatment was initiated with methylprednisolone 1 gram IV daily for three days, followed by oral prednisolone 1mg/kg daily for four weeks. Supportive therapy included pantoprazole for gastric protection, calcium with vitamin D3 for bone protection, and folic acid supplementation. The patient also received best-matched PRBC transfusion with methylprednisolone cover.

The patient showed remarkable improvement during hospitalization.

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| **Day** | **Major Interventions** | **Medications** | **Clinical Events** |
| **Day 1** | Hospital admission, Initial assessment | — | Severe anemia (Hb 5.0 g/dL) and thrombocytopenia (Platelet count 45,000/µL) diagnosed. Oxygen saturation 85% on room air. |
| **Day 4** | Started methylprednisolone IV | Methylprednisolone 1g IV daily | — |
| **Day 6** | Continued therapy | Methylprednisolone 1g IV daily | Platelet count nadir of **12,500/µL**. |
| **Day 8** | Continued therapy | Methylprednisolone 1g IV daily | Platelet count **12,500/µL**. |
| **Day 11** | Treatment response assessment | Methylprednisolone 1g IV daily | Significant improvement: **RBC count (3.0 × 10**⁶**/µL), Platelet count (30,000/µL), Hemoglobin (9.8 g/dL).** Bilirubin decreasing (**0.5 mg/dL**). |
| **Day 13** | Discharge planning | — | Patient discharged with **follow-up plan**. |

**Table 2: Treatment Timeline and Interventions**

Serial monitoring of blood parameters demonstrated progressive improvement, with hemoglobin increasing from 5 gm% to 9.8 gm% by day 11. The RBC count improved from 1.5 million to 3 million, while platelet count, after reaching a nadir of 12,500 between days 6-8, recovered to 30,000 by day 11. Direct bilirubin levels decreased from 1.5 mg/dl to 0.5 mg/dl, indicating reduced hemolysis. The patient was discharged on day 13 with a plan for follow-up after one month.

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| --- | --- | --- | --- | --- |
| **Parameter** | **Day 1** | **Day 6** | **Day 8** | **Day 11** |
| **RBC Count (× 10⁶/µL)** | 1.5 | 2.0 | 2.5 | 3.0 |
| **Platelet Count (/µL)** | 45,000 | 12,500 | 12,500 | 30,000 |
| **Hemoglobin (g/dL)** | 5.0 | 7.5 | 9.0 | 9.8 |
| **Direct Bilirubin (mg/dL)** | 1.5 | 1.2 | 0.8 | 0.5 |

**Table 3: Treatment Response Monitoring**

3. discussion

Evans syndrome was first described in 1951 by Robert Evans when a patient presented with autoimmune hemolytic anemia and idiopathic thrombocytopenic purpura [6]. In a few cases, it is also accompanied by autoimmune neutropenia in about 15%. Cytopenias at disease onset occur concurrently (in 31% of cases) or sequentially [7]. Both AIHA and ITP occur simultaneously in 55% of cases at onset. Although Evans syndrome is commonly seen in children, the mean age at disease onset in adults is reported to be 52 years. Evans syndrome has gender predilection to females (60%). Primary Evans syndrome which is idiopathic and a diagnosis of exclusion, is observed in half of the cases. Research shows that autoimmune diseases such as SLE along with immunodeficiencies and lymphoproliferative disorders and marrow dysplastic syndromes and viral infections among other conditions are linked to the other half of patients [8,9,10].

Patients who have Evans syndrome experience symptoms of hemolysis and anemia with reticulocytosis as a bone marrow response together with thrombocytopenia signs following other cause elimination [9]. Our patient experienced severe shortness of breath combined with palpitations, syncope, dizziness, fatigue, pallor and jaundice because of her warm autoimmune hemolytic anemia. Menstruation bleeding was excessive due to the likely presence of immune thrombocytopenia.

Multiple diagnostic tests revealed decreased hemoglobin levels along with reduced platelets and an elevated reticulocyte percentage reaching 20% and higher total and indirect bilirubin together with increased lactate dehydrogenase values. The collected data points towards AIHA being the cause of hemolytic anemia along with idiopathic thrombocytopenia.

The PBS also revealed macrocytes, faget cells, and large platelets. The fact that the presence of a positive Direct Coomb’s Test in addition to the above investigation results further confirmed Evans syndrome [10].

Conditions associated with secondary Evans syndrome are excluded due to the patient's extensive workup. HIV antibodies, HCV antibodies, HBsAg, and HBcAb are all negative, ruling out HIV, HCV, and HBV infections. Our patient had no known history of relevant drugs to Evans syndrome. Few drugs such as ACE Inhibitors and NSAIDs are reported to be associated with Evans syndrome [12]. The fact that ANA and Anti-ds DNA antibodies are negative essentially rules out SLE.

Corticosteroids remain the first-line therapy for Evans syndrome. The immediate response rate of these patients to steroids is fairly high even though remission for longer periods is maintained in about one-third of the patients. This coincides with the disease’s chronic relapsing nature in the majority of the patients [12]. Hence first-line treatments are not sufficient in most patients. IVIGs are also important adjuncts to steroids when the latter are not considered sufficient to induce and maintain remission or are contraindicated. However, IVIGs have little to do with the natural course of the disease. Due to the high relapse rate in steroid therapy alone, more than half of patients require second-line therapy. Rituximab is the preferred second-line drug for refractory Evans syndrome with a rate of achieving remission in two-thirds of patients at 1-year follow-up and almost one-third of patients never relapsed. The majority of patients need to undergo treatment with at least three different approaches. Medical treatment options also include splenectomy as well as immunosuppressants and stem cell transplantation. The medical procedure of splenectomy shows high success rates for Evans syndrome patients because it produces sustained results in 50% of cases along with no recurrence in 31% of patients. Modern medical practice uses immunosuppressive drugs cyclosporine, cyclophosphamide, mycophenolate mofetil and azathioprine and sirolimus mainly for unresponsive patients or those requiring chemotherapy for hematologic malignancies. Despite the popular belief that hematopoietic stem cell transplantations as a long-lasting solution to Evans syndrome, strong pieces of evidence are lacking on their outcomes. People do not generally recommend them except for patients who have run out of other treatment options [9,11].

Our patient was put on methylprednisolone 1 gram intravenous daily for 3 days. From day 4 onwards, she was started on prednisolone 1mg/kg/day for 4 weeks. The patient’s hemoglobin increased from 5 gm% to 9.8 gm% on day 11 of therapy. Her platelet count rose to 30,000/mm3 on day 11 of therapy after its nadir between days 6 and 8 of therapy. Bilirubin level also decreased significantly to near normal on day 11 of treatment. These results show her good response to steroid therapy.

Evans syndrome, though it is a rare disorder, should always be considered in patients presenting with symptom complexes of anemia and low platelet count. Furthermore, these patients should be investigated extensively to rule out secondary causes. Our patient was just put on the first line of treatment during her hospital course and was discharged from the hospital being on prednisolone. Because of the disease’s nature of high relapse rate and risk of development of other autoimmune and hematologic disorders, it is necessary to have a strict follow-up in such patients.

4. Conclusion

The case presents diagnostic together with therapeutic issues of Evans syndrome treatment for a 43-year-old patient who battles multiple chronic conditions. The patient's severe cytopenias together with her recurrent disease course demonstrates how CTLA-4 and LRBA mutations lead to immune dysregulation. Adult patients with Evans syndrome experience worse outcomes due to multiple relapses and heavy treatment needs and disease-associated complications. A detailed diagnostic process needs to be followed because it should include examinations for primary immunodeficiencies and lymphoproliferative disorders. The successful management of this condition requires a balance of acute interventions against sustained immune control because researchers must continue their investigations into safer and targeted therapeutic options.

Consent (where ever applicable)

Written informed consent for publication of their clinical details and/or clinical images was obtained from the patient.

Ethical approval (where ever applicable)

As per international standards or university standards written ethical approval has been collected and preserved by the author(s).

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