



The South African Porphyria Foundation

OTHER PORPHYRIA SYMPTOMS

The purpose of this added extensive list is to CREATE AWARENESS for the patient, and to verify suspected symptoms/ help patients (and care givers) to be mindfull of possibilities & is in addition to the main symptoms on separate tab.

The listed symptoms are as follows:

Abdominal pain

- Anemia: (hypochromic, microcytic, hemolytic)
 - Amenorrhea
 - Anxiety
 - Apnea
 - Appetite, loss of
 - Back pain
 - Behavioral changes
 - Bladder distention
 - Bowel incontinence
 - Carbohydrate craving
 - Nervous system lesions
 - Chest pain
 - Confusion
 - Constipation
 - Corneal inflammation
 - Delerium
 - Depression
 - Diarrhea
 - Disorientation
- Dysphasia (inability or difficulty swallowing)
 - Facial hair, excessive
 - Fatigue
 - Fecal impaction
 - Fibromyalgia
- Gastrointestinal spasms



- Hallucinations
- Hyperpigmentation
- Hypertension (high blood pressure)
- Hypoesthesia (dulled sensitivity to touch)
- Hyponatraemia (decrease sodium in blood)
- Hypotension, postural (decrease in blood pressure upon assuming erect posture)
 - Ileus (obstruction of the intestines)
 - Insomnia
 - Irritability
 - Itchiness /hives
 - Joint/Limb pain or stiffness
- Menstruation often exacerbates symptoms
- Mood changes (OCD/loss of interest ect)
- Motor skills impairments (vision, touch, feel, balance, grip)
 - Muscle cramps/pain or stiffness
 - Nausea
 - Nerve palsy
 - Panic attacks
 - Paralysis, partial/temporary
- Paresthesia (numbness or tingling sensation)
 - Peripheral neuropathy
 - Photosensitivity
 - Polyneuropathy
 - Psychosis
 - Restlessness
 - Respiration, decreased/paralyses
 - Seizures
- Sensory process · Sweating, profuse
 - Tachycardia
 - Tremors
- Urinary incontinence
- Urine, change in color
 - Urine retention
 - Vision changes
 - Vomiting
 - Weakness
 - Wrist drop

