KLEIN-LEVIN SYNDROME (KLS): EPISODIC HYPERSOMNIA, HYPERPHAGIA, AND HYPERSEXUAL BEHAVIOR IN A 21 YEAR OLD ACTIVE DUTY MALE OF FILIPINO DESCENT

M. Capobianco, D. Hurst
Mental Health, Naval Medical Center, USA
marcalecarm@yahoo.com

Objective: KLS is a rare disorder seen most often in adolescent white males. We describe a case in a marine.
Methods: 21 year old active duty male of Filipino descent presented with intermittent hypersomnia ranging from 7 to 14 days recurring over two years. Between episodes he was asymptomatic. When awake he was irritable and displayed hypersexualized behavior including public masturbation. Additionally, his appetite was significantly increased to the point of taking food from the trays of other patients. He recalled the majority of his behaviors and was quite embarrassed and apologetic. His first episode occurred when he was 19 yrs old after smoking marijuana and lasted twelve days. The second episode was approximately 18 months after the first, of seven days duration, occurring after drinking alcohol. The two most recent episodes happened at age 21 while serving in the US Marine Corps. Both episodes occurred after alcohol intoxication, were separated by three weeks, lasted twelve days, and required inpatient psychiatric hospitalization.
Results: He was examined both during and between episodes. Medical history, vital signs, laboratory tests, neurologic examination, cerebral computed tomography and magnetic resonance imaging scans were all normal. Electroencephalography during the episode was normal.
Conclusion: This report calls attention to KLS which can easily be mistaken for other psychiatric or neurologic illnesses leading to unnecessary psychopharmacologic interventions. A brief review is made emphasizing diagnosis and course of KLS. Further research in the natural history of KLS is needed to determine whether early intervention would improve long term prognosis.