

# Poland syndrome

Poland syndrome is a rare congenital condition that affects the development of the chest muscles, breast, and hand on one side of the body. It is named after British surgeon Alfred Poland, who first described it in 1841.

People with Poland syndrome may have underdeveloped or missing chest muscles on one side of the body, which can cause asymmetry and deformity of the chest. The breast and nipple on the affected side may also be underdeveloped or absent. In some cases, the hand on the affected side may also be underdeveloped, with missing or fused fingers.

The exact cause of Poland syndrome is not well understood, but it is believed to result from a disruption in the development of the chest muscles and breast tissue during fetal development. It is not thought to be caused by any environmental factors or genetic abnormalities.

Treatment for Poland syndrome depends on the severity of the condition and the specific symptoms present. Options may include surgical reconstruction of the chest and breast, prosthetic devices to improve symmetry and appearance, and physical therapy or occupational therapy to address any functional deficits in the affected hand. Support groups and counseling may also be helpful for individuals and families affected by Poland syndrome.

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Despite various neurologic symptoms of Poland syndrome (PS), [parkinsonism](#) was never reported in PS, and the response to the treatment of parkinsonism was not studied before. Youn et al. report a case of ipsilateral parkinsonism in PS, similar to hemiatrophy-hemiparkinsonism, with a good response to [levodopa](#) and [subthalamic deep brain stimulation](#).<sup>1)</sup>

<sup>1)</sup>

Youn J, Gorodetsky C, Lozano AM, Lang AE, Fasano A. Hemiatrophy-hemiparkinsonism and Poland syndrome: A causative or coincidental association? *Parkinsonism Relat Disord*. 2023 Apr 15;110:105402. doi: 10.1016/j.parkreldis.2023.105402. Epub ahead of print. PMID: 37084521.

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