

Clinical and Epidemiological Characterization of Monkeypox Virus Infections in a Portuguese Hospital



INTRODUCTION

The recent global MPOX outbreak revealed a novel disease pattern, with different manifestations and sustained human-to-human transmission associated with sexual contact. This study aimed to characterize the clinical presentation, complications, and management of mpox cases diagnosed at a Portuguese hospital.

METHODS

Retrospective analysis of cases between May 2022 and October 2023.

RESULTS



- 19 patients (18 males, median age 32);
- All with **sexual transmission**, mainly **MSM**;
- **All cases with cutaneous involvement**: few lesions, predominantly on the anogenital region.
- Mild systemic symptoms;
- More than half with **complications** (mostly proctitis and bacterial skin superinfection), with two hospitalizations;
- Common sexually transmitted coinfections.

CONCLUSION

This case series highlights a **shift in the clinical phenotype** of mpox during the recent outbreak, characterized by **reduced lesion burden, marked anogenital involvement, and attenuated systemic manifestations**. Although disease course was generally mild, complications were common, underscoring the importance of clinical monitoring, systematic screening for sexually transmitted infections, and targeted prevention strategies.