

This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

# Pectus Excavatum

- Also known as “funnel chest”
- Definition: an abnormal depression in breast bone.
- Causes: Can occur by itself or with other abnormalities, as seen in:
  - Marfan syndrome
  - Familial pectus excavatum
  - Ricketts
- Patients may be concerned with the abnormal appearance of their chest.
- Symptoms: Chest pain, shortness of breath, difficult time exercising
- Evaluation:
  - To help identify the cause the doctor may recommend:
    - Genetic tests
    - Metabolic tests
  - To help identify how severe it is the doctor may recommend:
    - x-rays
    - Heart, lung, and/or exercise tests
- Treatment options include:
  - Watchful waiting
  - Surgery

