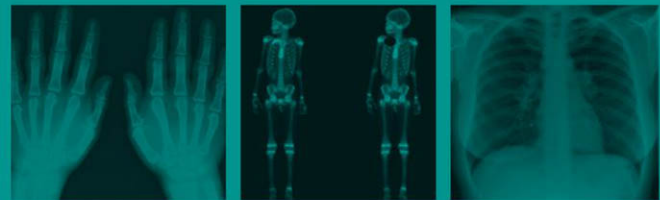


OXFORD CASE HISTORIES IN  
RHEUMATOLOGY



JOEL DAVID > ANNE MILLER > ANUSHKA SONI > LYN WILLIAMSON

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**Oxford Case  
Histories in  
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Great Clarendon Street, Oxford ox2 6DP

Oxford University Press is a department of the University of Oxford.  
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Published in the United States  
by Oxford University Press Inc., New York

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First published 2012

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British Library Cataloguing in Publication Data  
Data available

Library of Congress Cataloguing in Publication Data  
Library of Congress Control Number: 2011939859

Typeset in Minion by Cenveo, Bangalore, India  
Printed in Great Britain  
on acid-free paper by  
CPI Group (UK) Ltd, Croydon, CR0 4YY

ISBN 978-0-19-958750-6

10 9 8 7 6 5 4 3 2 1

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# A note from the series editors

Case histories have always had an important role in medical education, but most published material has been directed at undergraduates or residents. The Oxford Case Histories series aims to provide more complex case-based learning for clinicians in specialist training and consultants, with a view to aiding preparation for entry- and exit-level specialty examinations or revalidation.

Each case book follows the same format with approximately 50 cases, each comprising a brief clinical history and investigations, followed by questions on differential diagnosis and management, and detailed answers with discussion.

All cases are peer-reviewed by Oxford consultants in the relevant specialty. At the end of each book, cases are listed by mode of presentation, aetiology, and diagnosis. We are grateful to our colleagues in the various medical specialties for their enthusiasm and hard work in making the series possible.

Sarah Pendlebury and Peter Rothwell

## From reviews of other books in the series:

### *Neurological Case Histories*

‘...contains 51 cases that cover the spectrum of acute neurology and the neurology of general medicine—this breadth makes the volume unique and provides a formidable challenge... it is a heavy-duty diagnostic series of cases, and readers have to work hard, to recognise the diagnosis and answer the questions that are posed for each case... I recommend this excellent volume highly...’

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### **European Journal of Neurology**

### *Oxford Case Histories in Gastroenterology and Hepatology*

‘...a fascinating insight in to clinical gastroenterology, an excellent and enjoyable read and an education for all levels of gastroenterologist from ST1 to consultant.’

### **Gut**

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# Preface

This book contains a series of case histories that the authors have encountered in the Oxford region. The purpose of the cases is to provide trainees, and indeed all practitioners in rheumatology, with clinical scenarios and an evidenced approach to answering questions raised by the cases. It is hoped that the book will be useful for training as well as in preparation for exit examinations. The book may also be helpful for rheumatologists in their re-validation. General medical trainees might find it useful in preparation for MRCP and PACES.

Many of the cases require clinical judgement in the approach to the management decisions and questions. The authors have expressed their views and hope that you generally agree! The cases cover inflammatory joint and connective tissue disease, paediatric rheumatology, sports and exercise medicine, and metabolic bone disease. Some of the cases include acute presentations and others are more chronic musculoskeletal and mechanical problems where there are dilemmas in clinical practice.

The authors have used the format of case reports, with detailed discussions of differential diagnosis and management, for three reasons. First, one of the best ways to learn advanced clinical medicine is through the analysis of individual cases. In almost all areas of medicine it is extremely difficult to illustrate the practical process of diagnosis within the format of a traditional textbook. Secondly, it is simply more interesting to consider real cases than to read a text. This allows a clinician to reflect on their own differential diagnosis and treatment. Finally, there is a lack of case series that stretch the abilities of experienced clinicians and specialists: most are aimed at medical students or young doctors doing early postgraduate exams. It is for this reason that the cases and questions are sometimes challenging, although many are simple since the aim is to educate. Wherever possible radiology and clinical pictures have been included.

The authors would like to thank their colleagues, including those allied to medicine, for contributing cases and providing illustrations or administrative support. The clinicians who contributed cases are listed in the Acknowledgements.

We hope you enjoy the book!

Joel David  
Anne Miller  
Anushka Soni  
Lyn Williamson



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# Acknowledgements

Dr Kuljeet Bhamra

Miss Jane Flynn

Dr Lawrence John

Dr Maria Juarez

Dr Sarah Keidel

Ms Fiona Kinnear

Dr Lucy Mackillop

Dr Kulveer Mankia

Dr Brendan McDonald

Dr Ishita Patel

Dr Elizabeth Price

Dr Nick Ridley

Dr Joanna Robson

Dr Shilpa Selvan

Dr Bill Smith

Dr Anisha Sodha

Dr Ravi Suppiah

Dr Rosemary Waller

Dr Thamindu Wedatilake

Dr Luke Williamson

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# Abbreviations

AAS	atlanto-axial subluxation	CTX	carboxy-terminal collagen crosslinks
ABPI	ankle-brachial pressure index	CXR	chest X-ray
ACCP	anticitrullinated C-peptide (also referred to as ACPA)	DAS	Disease Activity Score
ACE	angiotensin-converting enzyme	DEXA	dual-energy X-ray absorptiometry
aCL	anticardiolipin antibody	DILS	diffuse infiltrative lymphocytosis syndrome
ALP	alkaline phosphatase	DISH	diffuse idiopathic skeletal hyperostosis
ANA	antinuclear antibody	DMARD	disease-modifying anti-rheumatic drug
ANCA	antineutrophil cytoplasmic antibody	EBV	Epstein-Barr virus
AND	adverse neural dynamics	ECG	electrocardiogram
APS	antiphospholipid syndrome	EF	eosinophilic fasciitis
APTT	activated partial thromboplastin time	EIA	enzyme immunoassay
AS	ankylosing spondylitis	ELISA	enzyme-linked immunosorbent assay
ASOT	antistreptolysin-O titre	EMG	electromyography
AST	aspartate transaminase	ENA	extractable nuclear antigen
BASDAI	Bath Ankylosing Spondylitis Disease Activity Index	ESR	erythrocyte sedimentation rate
BD	Behçet's disease	EULAR	European League Against Rheumatism
BMD	bone mineral density	FBC	full blood count
BMI	body mass index	FMF	familial Mediterranean fever
BSR	British Society for Rheumatology	FSH	follicle-stimulating hormone
CK	creatinine kinase	GACNS	granulomatous angiitis of the central nervous system
CMV	cytomegalovirus	GCA	giant cell arteritis
CNSV	central nervous system vasculitic	GFR	glomerular filtration rate
COX-2	cyclo-oxygenase-2	GGT	gamma glutamyl transferase
CPK	creatinine phosphokinase	GH	growth hormone
CREST	calcinosis, Raynaud's, (o)esophageal involvement, sclerodactyly, telangiectasia	GPA	granulomatosis with polyangiitis (also known as Wegener's granulomatosis (WG))
CRMO	chronic relapsing multifocal osteomyelitis	HA	haemophilic arthropathy
CRP	C-reactive protein	Hb	haemoglobin
CRPS	complex regional pain syndrome	HLA	human leucocyte antigen
CSF	cerebrospinal fluid	hpf	high-power field
CSS	Churg-Strauss syndrome		
CT	computed tomography		

IBD	inflammatory bowel disease	PFJ	patello-femoral joint
IGF-1	insulin-like growth factor 1	PFPS	patello-femoral pain syndrome
INR	international normalized ratio	PMR	polymyalgia rheumatica
IP	interphalangeal	PT	prothrombin time
IRIS	immune reconstitution inflammatory syndrome	PTH	parathyroid hormone
JIA	juvenile idiopathic arthritis	PTT	partial thromboplastin time
LA	lupus anticoagulant	PUK	peripheral ulcerative keratitis
LDH	lactate dehydrogenase	PUO	pyrexia of unknown origin
LFT	liver function test	RA	rheumatoid arthritis
LH	luteinizing hormone	RBC	red blood cell
MAGIC	mouth and genital ulcers with inflamed cartilage	RCVS	reversible cerebral vasoconstrictive syndrome
MAS	macrophage activation syndrome	RF	rheumatoid factor
MCP	metacarpophalangeal	RP	relapsing polychondritis
MCV	mean cell volume	SAP	serum amyloid protein
MEN-I	multiple endocrine neoplasia I	SAPHO	synovitis, acne, pustulosis, hyperostosis, and osteitis
MHC	major histocompatibility complex	SD	standard deviation
MPA	microscopic polyangiitis	SHBG	sex-hormone-binding globulin
MRA	magnetic resonance angiography	SLE	systemic lupus erythematosus
MRI	magnetic resonance imaging	SOJIA	systemic-onset juvenile idiopathic arthritis
MSCRAMM	microbial surface components recognizing adhesive matrix molecules	STIR	short T <sub>1</sub> inversion recovery
MTSS	medial tibial stress syndrome	TakA	Takayasu's arteritis
NICE	National Institute of Clinical Excellence	TENS	transcutaneous electrical nerve stimulation
NOF	neck of the femur	TFT	thyroid function test
NSAID	non-steroidal anti- inflammatory drug	TGF- $\beta$	transforming growth factor- $\beta$
NSIP	non-specific interstitial pneumonia	TNF	tumour necrosis factor
NTX	cross-linked N-telopeptides of type 1 collagen	TPHA	<i>Treponema pallidum</i> haemagglutination test
NYHA	New York Heart Association	TSH	thyroid-stimulating hormone
OA	osteoarthritis	U&E	urea and electrolytes
OI	osteogenesis imperfecta	VAS	Visual Analogue Score
PACNS	primary angiitis of the central nervous system	VDRL	Venereal Disease Research Laboratory
PAN	polyarteritis nodosa	VMO	vastus medialis obliterans
PAS	periodic acid-Schiff	VS	ventral subluxation
PCR	polymerase chain reaction	VTE	venous thromboembolism
PET	positron emission tomography	VZV	varicella zoster virus
		WBC	white blood cell
		WCC	white cell count
		WG	Wegener's granulomatosis (also known as granulomatosis with polyangiitis (GPA))

---

# Normal ranges

## Haematology

haemoglobin	
<i>males</i>	g/L (130–180)
<i>females</i>	g/L (115–165)
MCV	fL (80–96)
white cell count	$\times 10^9/L$ (4.0–11.0)
neutrophil count	$\times 10^9/L$ (1.5–7.0)
lymphocyte count	$\times 10^9/L$ (1.5–4.0)
monocyte count	$\times 10^9/L$ (<0.8)
eosinophil count	$\times 10^9/L$ (0.04–0.40)
platelet count	$\times 10^9/L$ (150–400)
CD4 count	$\times 10^6/L$ (430–1690)
erythrocyte sedimentation rate	
<i>under 50 years:</i>	
<i>males</i>	mm/ h (<15)
<i>females</i>	mm/ h (<20)
<i>over 50 years:</i>	
<i>males</i>	mm/ h (<20)
<i>females</i>	mm/ h (<30)

## Haematinics

serum iron	$\mu\text{mol/L}$ (12–30)
serum iron-binding capacity	$\mu\text{mol/L}$ (45–75)
serum ferritin	$\mu\text{g/L}$ (15–300)
serum transferrin	g/L (2.0–4.0)

## Chemistry

### Blood

serum sodium	mmol/L (137–144)
serum potassium	mmol/L (3.5–4.9)
serum creatinine	$\mu\text{mol/L}$ (60–110)
estimated glomerular filtration rate	mL/min (>60)
serum corrected calcium	mmol/L (2.20–2.60)



serum total protein	g/L (61–76)
serum albumin	g/L (37–49)
serum globulin	g/L (24–27)
serum alanine aminotransferase	U/L (5–35)
serum alkaline phosphatase	U/L (45–105)
serum gamma glutamyl transferase	
<i>males</i>	U/L (<50)
<i>females</i>	U/L (4–35)
serum lactate dehydrogenase	U/L (10–250)
serum creatine kinase (CPK)	
<i>males</i>	U/L (24–195)
<i>females</i>	U/L (24–170)
fasting plasma glucose	mmol/L (3.0–6.0)
serum urate	
<i>males</i>	mmol/L (0.23–0.46)
<i>females</i>	mmol/L (0.19–0.36)
serum angiotensin-converting enzyme	U/L (25–82)

**Urine**

glomerular filtration rate	mL/min (70–140)
24-h urinary total protein	g (<0.2)

**Lipids and lipoproteins**

serum cholesterol	mmol/L (<5.2)
serum LDL cholesterol	mmol/L (<3.36)
serum HDL cholesterol	mmol/L (>1.55)
fasting serum triglycerides	mmol/L (0.45–1.69)

**Thyroid hormones**

plasma thyroid-binding globulin	mg/L (13–28)
plasma T4	nmol/L (58–174)
plasma parathyroid hormone	pmol/L (0.9–5.4)
serum cholecalciferol (vitamin D <sub>3</sub> )	nmol/L (60–105)
serum 25-OH-cholecalciferol	nmol/L (45–90)
serum 1,25-(OH) <sub>2</sub> -cholecalciferol	pmol/L (43–149)

**Immunology**

serum complement C3	mg/dL (65–190)
serum complement C4	mg/dL (15–50)

C-reactive protein (CRP)	mg/L (<8)
serum immunoglobulin G	g/L (6.0–13.0)
serum immunoglobulin A	g/L (0.8–3.0)
serum immunoglobulin M	g/L (0.4–2.5)
<b>Autoantibodies</b>	
antacentromere antibodies	(negative at 1:40 dilution)
anticardiolipin antibodies:	
immunoglobulin G	U/mL (<23)
immunoglobulin M	U/mL (<11)
anti-cyclic citrullinated peptide antibodies (ACPA)	
anti-double-stranded DNA antibodies (ELISA)	U/mL (<73)
anti-neutrophil cytoplasmic antibodies:	
c-ANCA	
p-ANCA	
PR3-ANCA	U/mL (<10)
MPO-ANCA	U/mL (<10)
antinuclear antibodies	(negative at 1:20 dilution)
extractable nuclear antigen	
anti-Jo-1 antibodies	
anti-La antibodies	
antimitochondrial antibodies	(negative at 1:20 dilution)
anti-RNP antibodies	
anti-Scl-70 antibodies	
anti-Ro antibodies	
anti-Sm antibodies	
anti-smooth muscle antibodies	(negative at 1:20 dilution)
anti-thyroid colloid and microsomal antibodies	(negative at 1:10 dilution)
rheumatoid factor	kIU/L (<30)

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## Case 1

A 76-year-old widow presented to the Emergency Department with a mid-shaft right femoral fracture after a low-impact fall outside a supermarket. She had a past history of ischaemic heart disease, peripheral vascular disease, intermittent claudication, and mechanical right knee pain. She had been reviewed in rheumatology outpatients 3 months prior to admission for investigation of a painful swollen right elbow. She lived alone and had moved from County Durham where her husband had been a coal miner. Her usual medication included aspirin, bendroflumethiazide, and simvastatin.

On examination, in addition to the fractured femur she had a warm swollen R distal upper arm. She was haemodynamically stable, normotensive, and in sinus rhythm. Her distal pedal pulses were all impalpable.

Her initial blood results showed the following:

- ◆ Hb 10.5 g/dL (MCV 88 fL); WCC  $6.8 \times 10^9/L$ ; platelets  $468 \times 10^9/L$
- ◆ Creatinine 138  $\mu\text{mol/L}$ ; aspartate transaminase (AST) 48 IU/L; gamma glutamyl transferase (GGT) 52 IU/L; ALP 785 IU/L
- ◆ Corrected calcium 2.23 mmol/L; phosphate 1.2 mmol/L
- ◆ C-reactive protein (CRP) 8 mg/L.

Her femoral fracture was successfully pinned and plated, and she made a good post-operative recovery. Prior to discharge she was given an intravenous infusion. One week after discharge she was re-admitted profoundly unwell with nausea, vomiting, and tingling in her hands and feet.

Second admission bloods were as follows.

- ◆ Hb 11.5 g/dL (MCV 88 fL); WCC  $7.9 \times 10^9/L$ ; platelets  $488 \times 10^9/L$
- ◆ Creatinine 144  $\mu\text{mol/L}$ ; aspartate transaminase (AST) 55 IU/L; gamma glutamyl transferase (GGT) 30 IU/L; ALP 189 IU/L
- ◆ CRP 10 mg/L
- ◆ Corrected calcium 1.87 mmol/L; phosphate 0.8 mmol/L
- ◆ Vitamin D level 7 nmol/L (threshold 20).

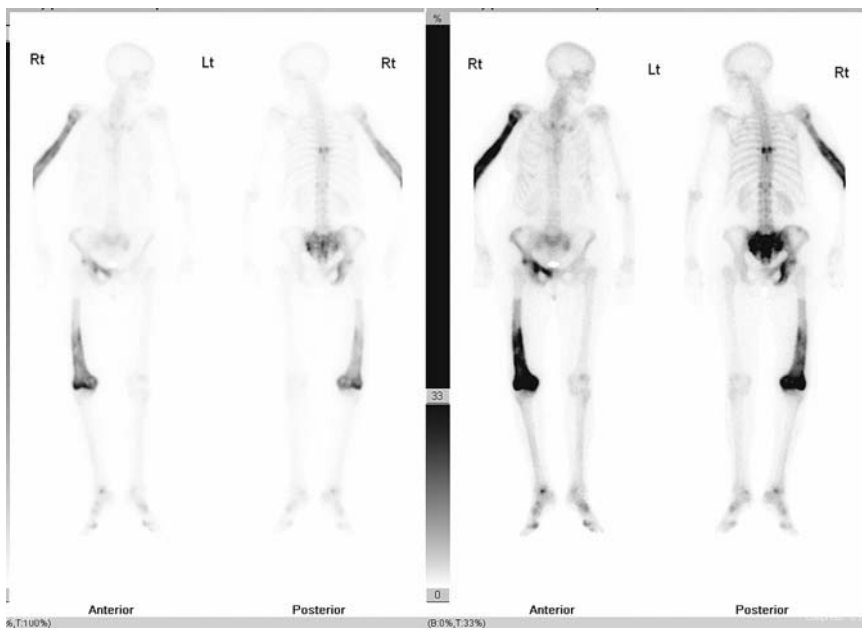
Radiographic findings are shown in Figs 1.1, 1.2, 1.3 and 1.4

### Questions

1. What is the underlying bony diagnosis? What is the differential diagnosis? Describe the radiographic features in Figs 1.1–1.4.
2. Describe the clinical features, natural history, and potential complications of this condition.
3. What is the likely infusion she was given?
4. What complication of treatment did she develop and why?
5. Her daughter accompanies her to appointments and asks if she is likely to have this condition?



**Fig. 1.1** Right humerus.



**Fig. 1.2** Isotope bone scan.



**Fig. 1.3** Right femoral mid-shaft fracture.



**Fig. 1.4** Repaired right femoral mid-shaft fracture.

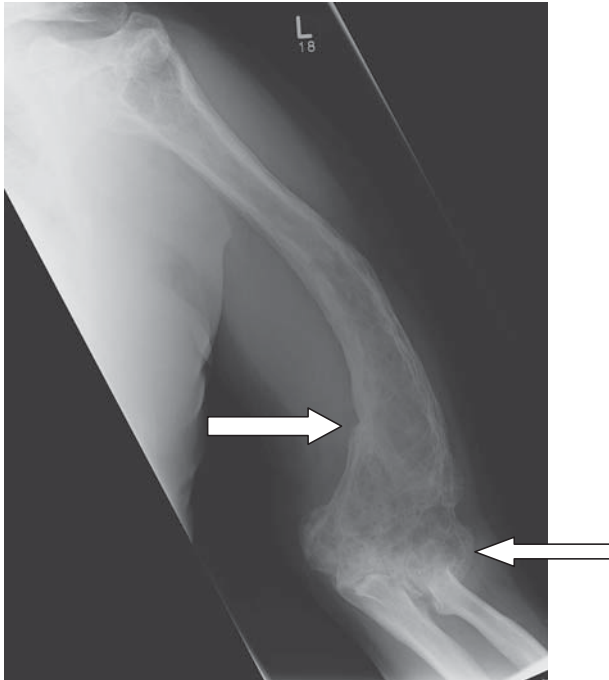
## Answers

### 1. What is the underlying bony diagnosis? What is the differential diagnosis?

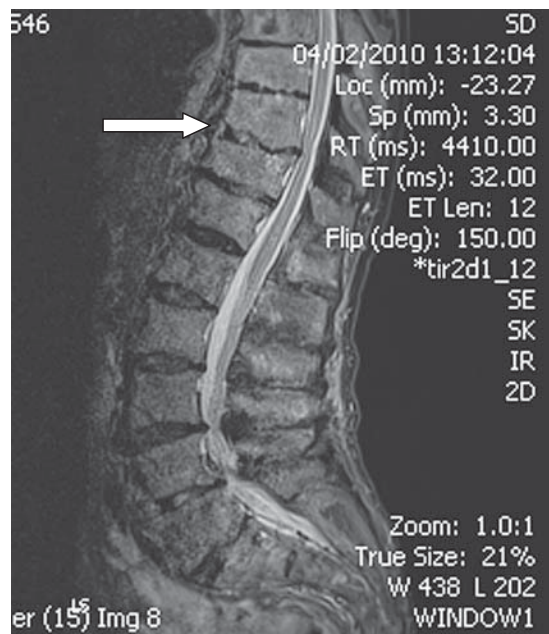
The diagnosis is Paget's disease of bone.

The differential diagnosis of a low-impact fracture in an elderly woman includes osteoporosis, osteomalacia, pathological fracture through a malignant focus, and Paget's disease. This patient's calcium was low normal on admission. Her phosphate was also low normal and her alkaline phosphate was very high. The rise in ALP could have been due to Paget's disease, osteomalacia, malignancy, or her recent fracture.

The plain radiographic features in the humerus (Fig. 1.1), and below the femoral fracture site (Fig. 1.3) in this case are typical of Paget's disease (Fig. 1.5). The bones are expanded with coarse trabeculation, cortical thickening, a mixture of lytic and sclerotic areas with intra-cortical resorption, loss of cortico-medullary junction, and early secondary osteoarthritis changes in the knee. Radiographic features are pathognomonic in established disease, but early or isolated lesions might be confused with malignancy and severe osteomalacia.



**Fig. 1.5** Typical pagetic changes in a humerus with disorganized architecture, coarse trabeculation, cortical thickening, bowing and fractures in the cortex (arrow), and osteoarthritic changes in elbow (arrow) and shoulder.



**Fig. 1.6** MRI spine with spinal cord compression (arrow) and multi-level degeneration.

The technetium-99m isotope bone scan (Fig. 1.2) shows increased uptake in the right humerus right distal femur, right hemi-pelvis, and thoracic spine.

Isotope bone scans are the current standard method of establishing the pattern of skeletal site involvement. Typical abnormalities are easily recognized. However, if abnormalities are detected, further clinical and radiographic assessment is necessary. There is a move towards limited skeletal survey, imaging the clinically significant sites of skull, long bones, and spine as first-line investigation.

In this patient's technetium scan the characteristic V-shaped advancing front of Paget's disease is seen in the femur and humerus. This represents marked osteolysis without accompanying sclerosis. Other affected areas include the sacrum and the T9 vertebral body.

CT imaging may be useful to delineate difficult fractures and MRI should be used to characterize spinal Paget's disease which may cause nerve root compression and spinal canal stenosis (Fig. 1.6).

## 2. Describe the clinical features, natural history, and potential complications of this condition

Paget's disease of bone occurs in up to 10% of the population aged over 80 years and can affect any bone. The most common bones affected are pelvis (75%), lumbar spine (50%), femur (35%), sacrum (35%), skull (35%), tibia (30%) radius (15%). Patients often present with pain or deformity. The pain is of a deep bony, boring



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