

Case Presentation – Mora, Sweden







Initial presentation

- 69 y/o Woman. Married. Nonsmoker. Lots of physical activity. Lives in northern part of Dalarna, rural district. Healthy. Zero medications.
 - Gets referred from primary care (october) because of fever since 4 weeks. Started with pain over the shoulders.
-
-

More patient history

- Was in Norway in August. Denmark in September. No one else sick in patients proximity.
 - Except pain, no other focal symptoms. No headache, vertigo, Visual impairment, Zero Gastrointestinal/Urologic/Dermatologic symptoms.
 - No history of bugbites etc.
-
-

Initial Work up

- Initial Routine Tests: CRP 146 (<5) ALAT 1.4 (<0.75). GT 1.8 (< 1.2) Everything else normal.
 - Gets admitted and planned for Ultrasound Liver/Bile. Blood+Urine-Cultures.
 - Later on:Computer Scan Thorax/Abdomen.
-
-

Further developement

- Consults with reumathology and infectious diseases.
 - No significant findings in Computed Thomography and Ultrasound (Liver+Heart)
 - Patient has still Fever and tired, but feeling ok, slight headache and maybe sore in the legs.
 - More testing: Biopsy from Bone Marrow, Liver, Temporal artery. Antibodies for liver diseases, Q-fever, HIV, Borrelia etc negative.
-
-

Treatment

- Prednisolon 20 mg x1 , fever and CRP in decline but comes back after 2 days. More testing and then 30 mg x1. Feels better. Patient notices that headache+Pain disappears.
 - Temporal biopsy shows arterial inflammation.
-
-

Pathophysiology

- Systemic inflammatory vasculitis , Giant cell arteritis.
 - Inflammation of the intima/media/adventitia of affected arteries, as well as patchy infiltration by lymphocytes, macrophages, and multinucleated giant cells
 - Age , Females.
 - 40-50% Have associated Polymyalgia Rheumatica.
-
-

Treatment

- Long Steroid treatment. 1-2 years often.
- Initial treatment dose depending visual symptoms.



Main learning point

- Always repeat clinical examination. Symptoms did progress, clinical picture became clearer.
- Biopsy before cortisone
- Think for yourself

Diagnosis

- Polymyalgia Rheumatica +Giant Cell Arthritis

