

ARTHRITIS

Definitions

Arthritis is an inflammation of a joint. It is characterised by pain, swelling and limitation of joint movement.

Classification

- Monoarthritis (ex: Tubercular arthritis)
- Polyarthritis (ex: Rheumatoid arthritis)

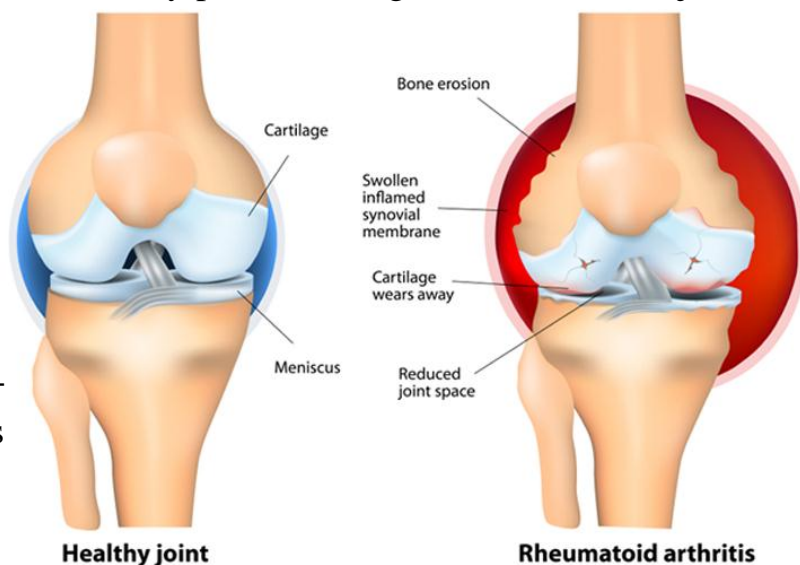
RHEUMATOID ARTHRITIS

Rheumatoid arthritis is a chronic non-suppurative inflammation of the synovial joints diagnosed as per the criteria.

New diagnostic criteria for rheumatoid arthritis

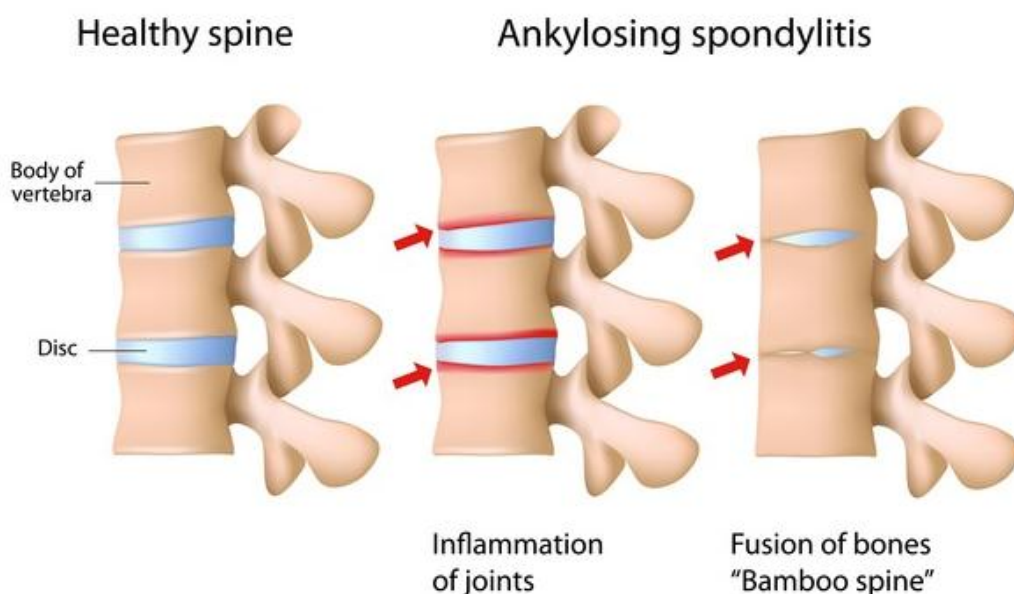
1. Morning stiffness.
2. Swelling of three or more specified joints.
3. Swelling of joint(s) in the hands and wrist.
4. Symmetrical swellings.
5. Rheumatoid nodule.
6. Rheumatoid factor positive.
7. X-ray changes – erosion or unequivocal peri-articular osteopenia

If four or more of these are present, it is rheumatoid arthritis.



ANKYLOSING SPONDYLITIS

Ankylosing spondylitis is a chronic disease characterised by a progressive inflammatory stiffening of the joints, with a predilection for the joints of the axial skeleton, especially the sacroiliac joints.



Presenting complaints

more common in males (M : F=10 : 1). The patient is a young adult 15-30 years old male, presenting with a gradual onset of pain and stiffness of the lower back.

GOUT

Gout is an inherited disorder; or impaired excretion of uric acid by the kidneys. The result is accumulation of sodium biurate crystals in some soft tissues. Tissues of predilection are cartilage, tendon.



Presenting complaints: patient, usually beyond 40 years of age, presents as

- (i) Arthritis – metatarsophalangeal (MP) joint of the big toe being a favourite site, onset is acute, pain is severe.
- (ii) Tophi formation deposit of uric acid salt in the soft tissue Confirmation of diagnosis – urate crystals in the aspirate from a joint, high serum uric acid levels.

OSTEOARTHRITIS

Osteoarthritis (OA) is a degenerative joint disease. Two types of OA are recognised primary and secondary.

- Primary OA: It occurs in old age, mainly in the weight bearing joints (knee and hip).
- Secondary OA: In this type, there is an underlying primary disease of the joint (ex: Paget's disease, post-radiation) which leads to degeneration of the joint.

Clinical features

The disease occurs in elderly people, mostly in the major joints of the lower limb, frequently bilaterally.