

Systemic inflammatory diseases

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European
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Primary Immunodeficiencies / Autoinflammatory Disorders
Autoimmune Diseases / Paediatric Rheumatic Diseases



Overview



- Juvenile idiopathic arthritis
- Systemic vasculitides
- Systemic lupus erythematosus
- Idiopathic inflammatory myopathies
- Scleroderma

Juvenile Idiopathic Arthritis



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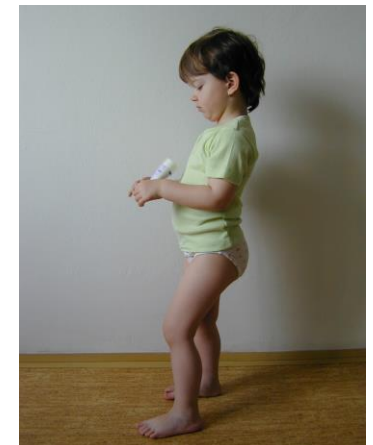
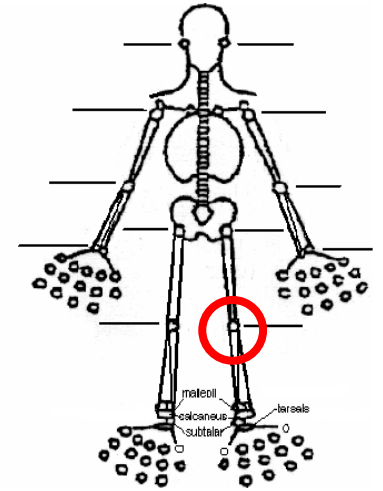
Primary Immunodeficiencies / Autoinflammatory Disorders
Autoimmune Diseases / Paediatric Rheumatic Diseases



Kate's story



- 2 yrs healthy girl fell while running around
- Primary care physician – surgeon
 - L knee XR, basic bloods normal
 - Knee aspirate sterile, immobilisation with plaster splint
- 3 – 8 weeks later
 - Swelling worse, refuses weight-bear in the morning, negativistic
 - Knee MRI (general anaesthesia) – synovitis
- Rheumatology referral

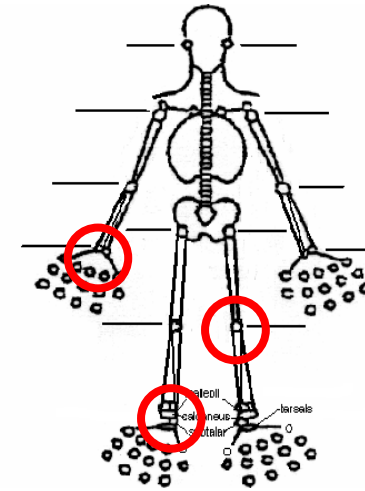
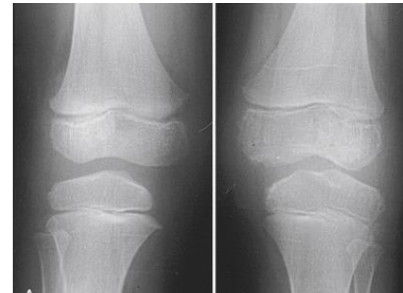




At paed rheum



- MSK exam (30 min)
 - 3 active joints
 - L leg muscle atrophy and overgrowth
- Chronic anterior uveitis on slit lamp exam
- Labs: normal, ANA+
- Dg: JIA (oligoarticular)





JIA - definition



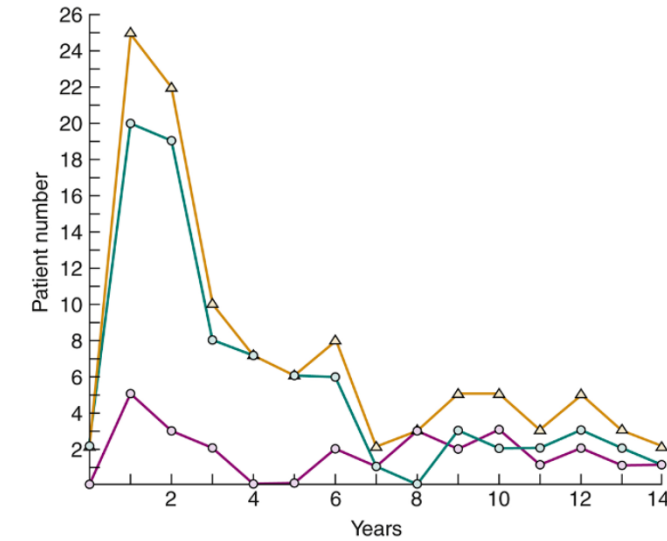
- Diagnosis of exclusion
- Childhood onset of synovitis continuously present in at least 1 joint
 - For A minimum of 6 wks
- Incidence
 - 1.6 - 23 / 100 000 children
 - Pooled incidence in Caucasians 8.3 (CI 8.1-8.7)/100 000
- Prevalence
 - 3.8 – 400 / 100 000 children
 - Pooled prevalence 32.6 (CI 31.3-33.9)/100 000
 - Girls 19.4, boys 11.0



JIA subtypes: Oligoarthritis



- Oligoarthritis – up to 4 joints
 - Persistent, extended
 - Most common – 40% of all JIA
 - Peak onset – toddlers
- Most commonly affected joints *Sharma S, Sherry DD 1999*
 - Knee 56%
 - Ankle 20%
 - Wrist 4%
- Typical features
 - Absence of systemic inflammation
 - Often absence of pain
 - ANA – some prognostic value (uveitis)
 - Growth disturbances common
- **High UVEITIS risk (30%)** *Petty RE et al 2003*
 - Regular slit lamp exam





Other JIA subtypes



- **Polyarthritis:** 5+ joints affected, about 20%
 - Common involvement of TMJ, forefoot, wrist, hip, C-spine
 - Raised inflammatory markers non-specifically
 - RF IgM positivity rare (1-2%)
 - Adolescent girls, similar to RA
 - RF IgM negative polyJIA most common
- **Enthesitis-related arthritis/juvenile spondylarthritis**
 - Often with HLA B-27, lower extremity joints, SI, enthesitis
 - Acute uveitis
- **Psoriatic arthritis**
 - Dactylitis, nail pitting, family history

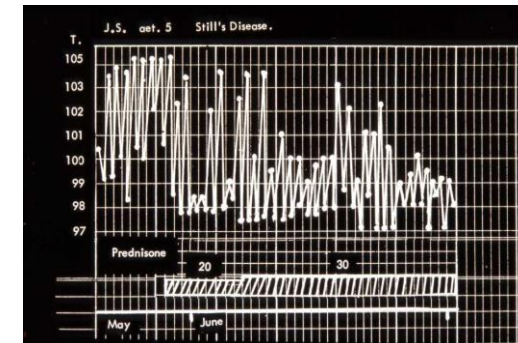




JIA subtypes: Systemic (Still's disease)



- Relatively rare subtype 10-15%
 - Peak onset toddlers
- **Arthritis** with or preceded by daily **fever** of at least 2 weeks' duration (documented as quotidian for minimum 3 days) accompanied with one or more of:
 - Evanescent, non-fixed erythematous **rash**
 - Generalised **LNpathy**
 - **Hepato or splenomegaly**
 - **Serositis**
- Heterogeneous phenotype
 - “autoinflammatory” type – systemic features predominate
 - Destructive polyarthritis





SJIA - presentation



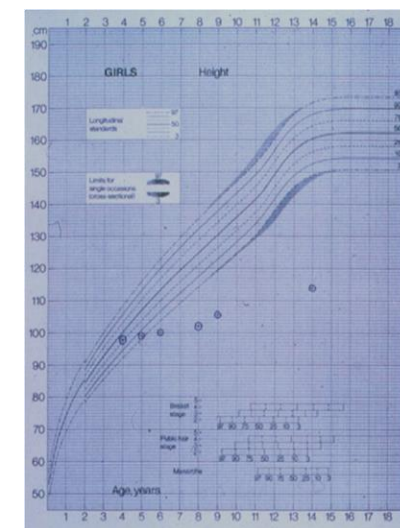
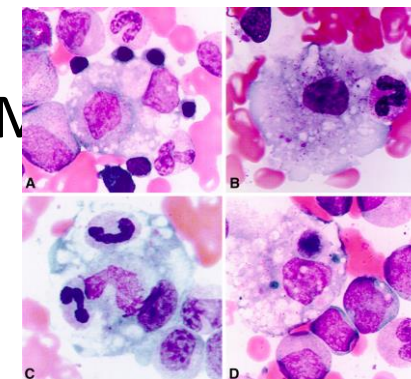
- **Fever may precede arthritis by months**
- Variable **arthritis and tenosynovitis**, may be absent
- Pericarditis = the most frequent **serositis**
- Prominent general deterioration during febrile intervals
- Persistent destructive arthritis (30%)
- Labs
 - Non-specific inflammatory response: High FW, CRP, WBC, PLT, anemia
 - Raised ferritin, endothelial activation (d-dim), high FBG



SJIA - Complications



- Acute life threatening complication: Macrophage Activation Syndrome (MAS) / HLH
 - Persistent **fever** and malaise, neurological abnormalities, rash
 - Acute **hepatopathy**, multi-organ failure
 - **Cytopenia** with haemophagocytosis in marrow aspirate
 - Consumptive **coagulopathy** with DIC → ↓fibrinogen and ESR, ↑d-dimer, FDP, APTT
 - **Drop in ESR** and fibrinogen
 - Raised **ferritin** and **IL-18**
- Long-term complications:
 - Growth delay
 - Osteoporosis and other glucocorticoid toxicity
- Outcome
 - About 80% children have intermittent or persistent disease
 - About 20% have treatment-refractory disease





JIA therapy



- Intraarticular corticosteroids (triamcinolone hexacetonide)
- Methotrexate
 - Oral or s.c., low dose once weekly
- „Directed“ therapies
 - Biologics: Blockade of inflammatory cytokines (TNF α , IL6, IL-1, co-stimulation), B-cell depletion
 - Small molecules: JAK inhibitors



Vasculitis



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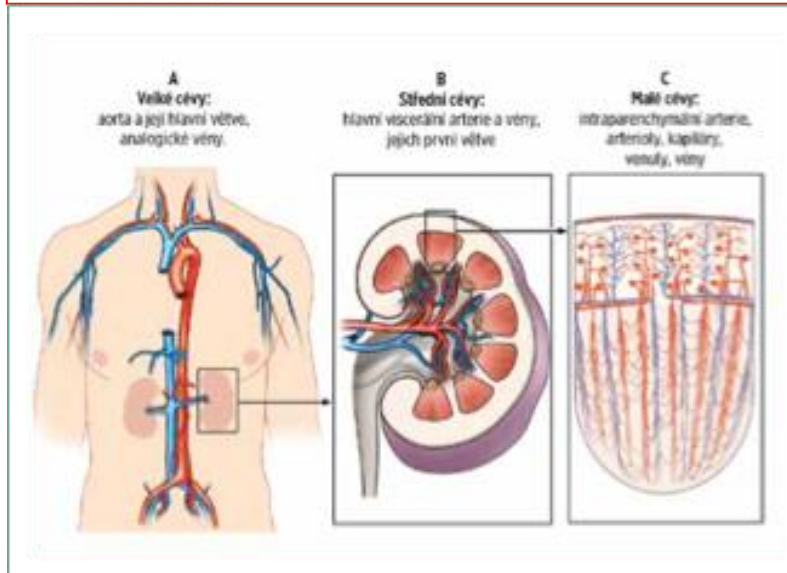
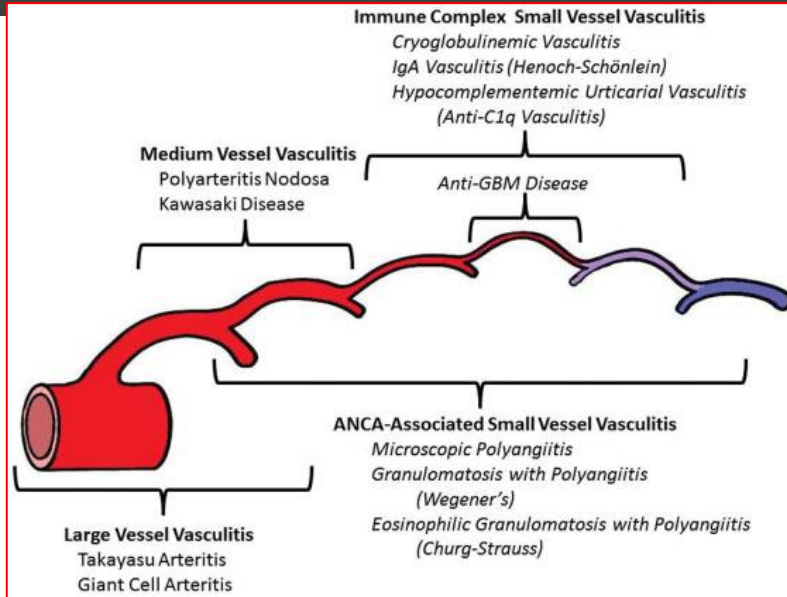
Primary vasculitis in children



- **More frequent entities:** typical childhood disease, acute conditions
 - IgA vaskulitis (incidence 20/100 000 children)
 - Kawasaki disease (3,1-111/100 000)
- **Rare conditions:** chronic vasculitis, incidence <1/100,000
 - Polyarteritis nodosa (PAN)
 - Granulomatosis with polyangiitis (GPA)
 - Eosinophilic granulomatosis with polyangiitis (EGPA)
 - Takayasu arteritis (TA)



Childhood Vasculitis classification



I Predominantly large vessel vasculitis

- Takayasu arteritis

II Predominantly medium sized vessel vasculitis

- Childhood polyarteritis nodosa
- Cutaneous polyarteritis
- Kawasaki disease

III Predominantly small vessels vasculitis

(A) GRANULOMATOUS

- Wegener's granulomatosis
- Churg-Strauss syndrome

(B) NON-GRANULOMATOUS

- Microscopic polyangiitis
- Henoch-Schönlein purpura
- Isolated cutaneous leucocytoclastic vasculitis
- Hypocomplementemic urticarial vasculitis

IV Other vasculitides

- Behçet disease
- Vasculitis secondary to infection (including hepatitis B associated polyarteritis nodosa), malignancies, and drugs, including hypersensitivity vasculitis
- Vasculitis associated with connective tissue diseases



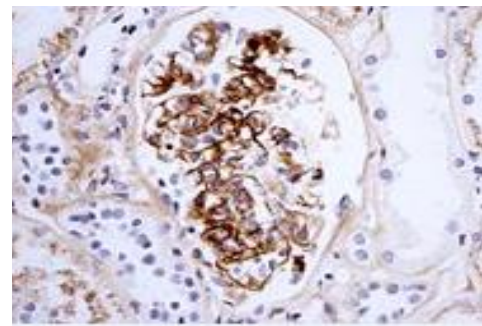
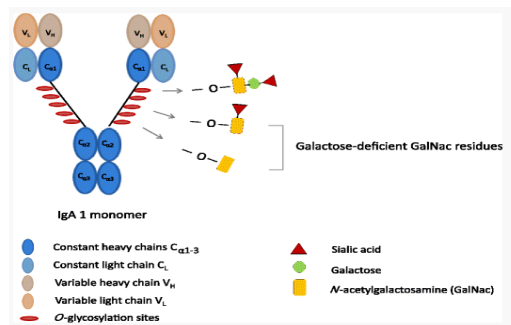
IgA vasculitis (IgAV, Henoch-Schönlein purpura)



- Most common paediatric vasculitis

Definition :

- vasculitis with IgA1 dominant immune deposits affecting small blood vessels
- typically skin, GIT, joints, kidneys
- glomerulonephritis indistinguishable from IgA nephropathy



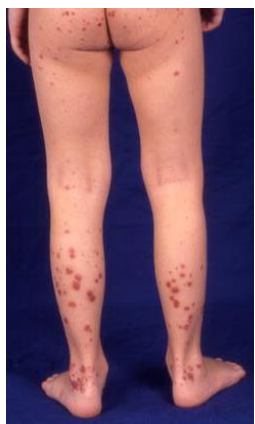


IgAV



Classification criteria

- palpable purpura with predominant low extremity distribution
 - + minimum of one out of:
 - abdominal pain
 - histopathology finding
 - arthritis and/or arthralgia
 - nephritis



Disease course and outcome

- Variable, often relapsing
 - 1/3 – 2 wks course
 - 1/3 – resolution up to 1 month
 - 1/3 – recurrent course for months
- IgAV nephritis (HSPN)
 - Most often benign
 - 1,6-3% příčin terminálního renálního selhání v UK
- Generally benign disease, more severe organ involvement very rare (gut, CNS, renal vasculitis)



IgAV diagnosis



- EULAR/PRES/PRINTO criteria
- **Skin biopsy** rarely performed (atypical manifestations)
 - Absence of IgA deposits does not exclude IgAV
- **Kidney function** (eGFR, hematuria, proteinuria – UP:UC)
 - Most common: microhematuria
 - Paediatric nephrology
 - Significant proteinuria
 - Decreased GFR
 - **Renal biopsy**
 - proteinuria : UP/UC ratio > 250mg/mmol
 - Low GFR
- **Abdominal US**
 - To rule out intussusception

RHEUMATOLOGY

Original article

doi:10.1093/rheumatology/kez041

European consensus-based recommendations for diagnosis and treatment of immunoglobulin A vasculitis—the SHARE initiative

Seza Ozen¹, Stephen D. Marks², Paul Brogan², Noortje Groot^{3,4,5}, Nienke de Graeff³, Tadej Avcin⁶, Brigitte Bader-Meunier⁷, Pavia Dolezalova⁸, Brian M. Feldman⁹, Isabelle Kone-Paut¹⁰, Pekka Lahdenne¹¹, Liza McCann⁵, Clarissa Pilkington², Angelo Ravelli¹², Annet van Royen³, Yosef Uziel¹³, Bas Vastert³, Nico Wulffraat³, Sylvia Kamphuis⁴ and Michael W. Beresford^{5,14}





IgAV - therapy



- **Analgesia**
 - Adequate pain relief for arthritis
 - NSA not contraindicated when renal function normal
 - *Adekvátní analgesia also for abdominal pain*
- **Corticosteroids**
 - Indicated in rare organ involvement: Orchitis, CNS vasculitis, pulmonary haemorrhage, other organ involvement
 - *Considered when severe abdominal pain and/or enterorrhagia*
 - 1-2mg/kg/den
- **Nephritis**
 - Per paed nephrology advice and renal biopsy result
 - When persistent proteinuria **ACE inhibitors**



Kawasaki disease



- 2nd most common primary paediatric vasculitis
- Asian ethnicity prevails
- Systemic vasculitis affecting medium-sized arteries
- 85% of patients are < 5 yrs (max. incidence 18-24 months)
- **Most frequent cause of acquired heart disease in developed countries**
- 15-25% untreated patients develop coronary aneurysms (CAA)
- 2-3% untreated patients die



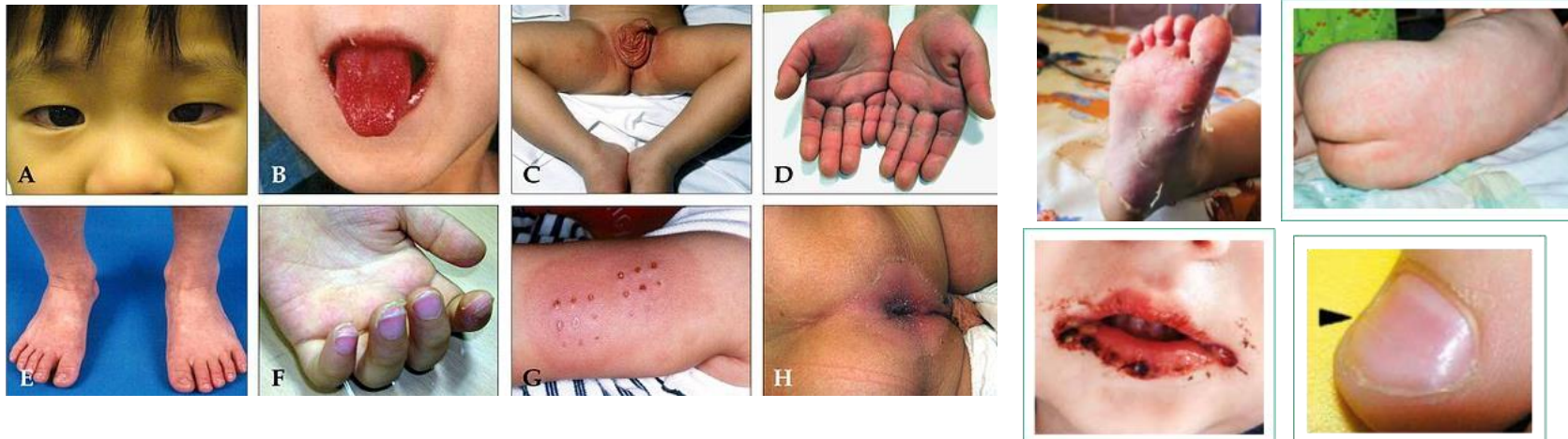
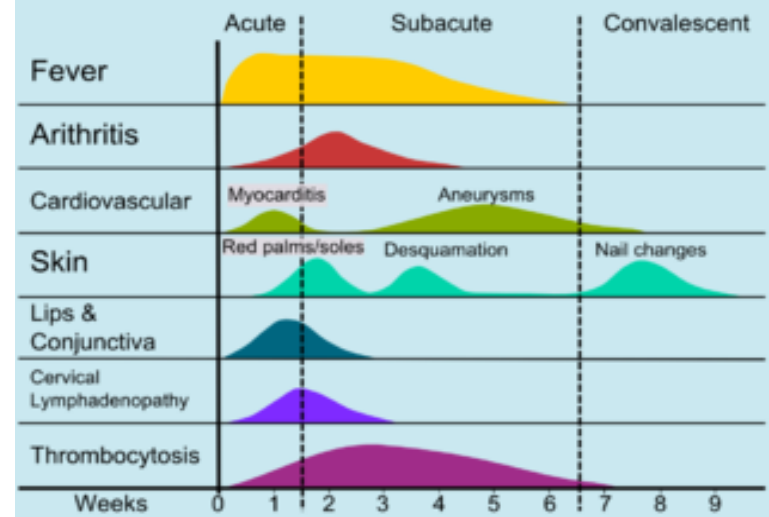
KD diagnosis



Fever at least 5 days + at least 4 of :

1. erythema and induration of palms and soles → desquamation during convalescent phase
2. rash - polymorphous
3. conjunctivitis
4. mucous membrane changes
5. cervical lymphadenopathy often asymmetrical >1,5 cm

Clinical manifestations of Kawasaki Disease



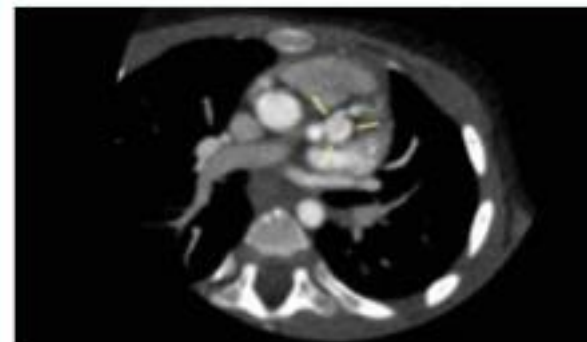
- Diagnosis based on combination of clinical criteria and lab results
- Presence of coronary artery aneurysms in febrile child less than 4 criteria possible
- Incomplete KD: patient with high degree of suspicion, but only 2-3 criteria (mainly infants)



KD clinical presentation



- **Typical presentation**
 - irritability (aseptic meningitis),
 - Erythema and induration at BCG vaccination site
- **Cardiovascular involvement**
 - Acute phase – carditis (peri-, myo-, endo-, pancarditis),
 - Convalescent phase (2.–3. wk) – CA vasculitis with dilatations and aneurysm formation
 - CAA develop in 15–25 % untreated and 2–8 % treated children
- ***Other presentations***
 - arthralgia, arthritis, uveitis, urethritis, aseptic meningoenfalitis...
 - GI involvement: gastroenteritis, abd pain, hepatopathy, gall bladder hydrops, pancreatitis





KD investigations



- **Inflammation, FBC, biochemistry**
 - ESR (↑), CRP (↑, prognostic factor), albumin (↓, prognostic fcktor).
 - Leucocytosis, prominent thrombocytosis (from week od 2.–3.)
- **Mikrobiology, urine, CSF**
 - Cultures, infectious serology
- **ECG, echocardiography**
 - Paediatric cardiologist, CA detection and size measurment (age- and weight- related, Z-score) necessary
- **When cardiology normal**
 - Repat in 10-14 days and 6–8 wks from onset
 - When inflammatory aktivty persists, remeat 2-weekly until normalisation
- **When CA affected**
 - Weekly re-evaluation until resolved or remain stable
 - When CAA persist – individual frequency and long-term F/U (life-long)



KD therapy



- Start as soon as possible

IVIG

- IVIG 2 g/kg

ASA

- 30-50 mg/kg/day until
 - Afebrile for 48h
 - Clinically improving
 - Dropping CRP
- Reduction to 3-5 mg/kg o.d.
- When CAA
 - longterm

- **Risk factors of IVIG resistance (tzv. Kobayashi Risk Score):**

- age \leq 12 months (1),
 - Disease duration before therapy \leq 4 days (2),
 - elevated CRP \geq 100mg/l (1),
 - elevated AST \geq 100 IU/l (2),
 - PLT \leq $300 \times 10^9/l$ (1),
 - neutrofilia \geq 80 % (2),
 - hyponatremia \leq 133 mmol/l (2).
- score 4 and higher = risky
 - Korticosteroids
 - Biologics –IL-1, TNF blockade



KD corticosteroids



• Indications:

- IVIG Resistance
- Kobayashi score ≥ 5 [*Sleeper et al.*]
- Secondary HLH
- Kawasaki Shock Syndrome

• Consider to add to IVIG immediately:

- Infants
- Aneurysms identified at onset

RHEUMATOLOGY

Original article

doi:10.1093/rheumatology/key344

European consensus-based recommendations for the diagnosis and treatment of Kawasaki disease – the SHARE initiative

Nienke de Graeff^{1,*}, Noortje Groot ^{1,2,3,*}, Seza Ozen⁴, Despina Eleftheriou⁵, Tadej Avcin⁶, Brigitte Bader-Meunier⁷, Pavla Dolezalova⁸, Brian M. Feldman⁹, Isabelle Kone-Paut¹⁰, Pekka Lahdenne¹¹, Liza McCann³, Clarissa Pilkington⁵, Angelo Ravelli¹², Annet van Royen-Kerkhof¹, Yosef Uziel¹³, Bas Vastert¹, Nico Wulffraat¹, Sylvia Kamphuis², Paul Brogan^{5,†} and Michael W. Beresford ^{3,14,†}



KD immunisations



- Delay any vaccination for 6 months
- Delay live vaccines for 12 months



Rare primary systemic vasculitis



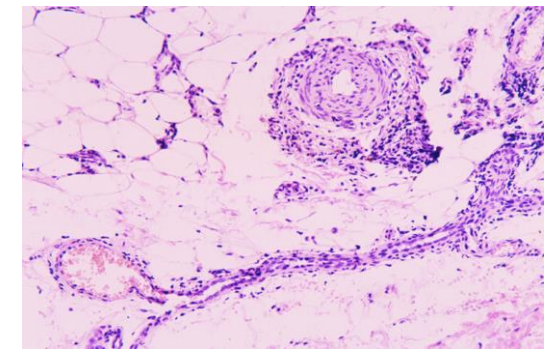
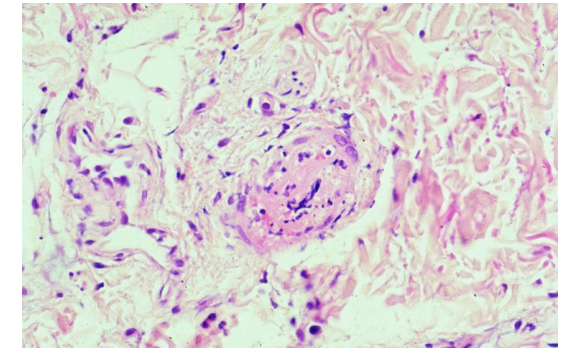
- **General non-specific presentations:**
 - fatigue, weight loss, fever, arthralgia/myalgia
- **Specific presentations:**
 - Related to the location, vessel size, type of involvement
 - Stenosis vs occlusion, ischaemia vs bleeding,
 - Severity - brain vs skin
- **Suspicious presentations**
 - ***Vasculitis = dif dg of any unclear systemic inflammatory condition***
 - FUO
 - Vasculitic skin rash
 - Nervous system involvement
 - Unexplained musculoskeletal symptoms
 - Other unexplained manifestations (pulmonary, GIT, cardiovascular, renal)



Childhood polyarteritis nodosa (cPAN)

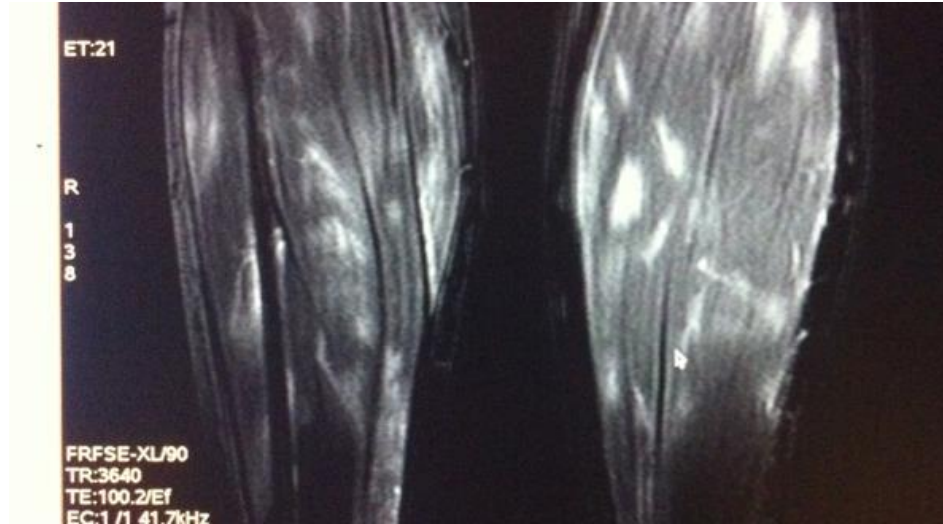


- **Necrotising inflammation** of medium and/or small arteries
- **Epidemiology**
 - worldwide, rare
 - equal sex distribution
 - peak age at onset 10 years
- **Histopathology**
 - fibrinoid necrosis
 - pleiomorphic infiltration
 - disarranged wall architecture
 - healing with fibrosis.





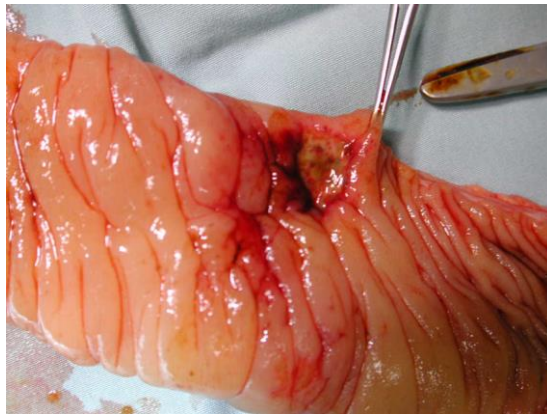
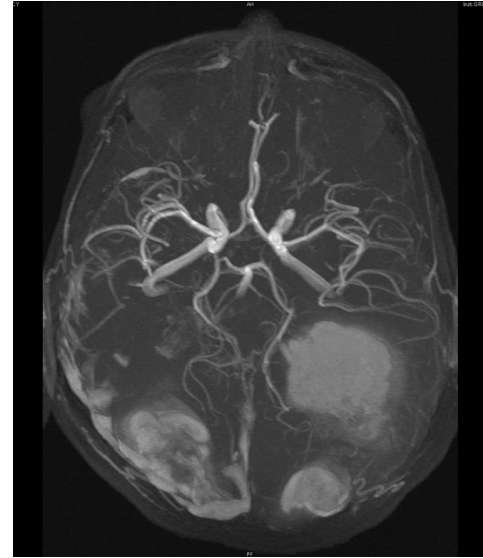
cPAN



cPAN



cPAN





Takayasu arteritis



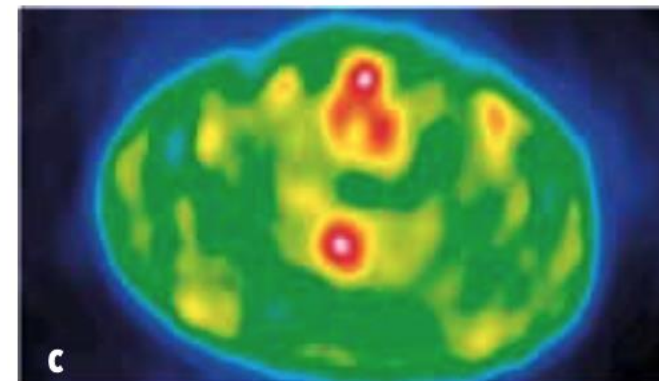
RHEUMATOLOGY

Original article

European consensus-based recommendations for the diagnosis and treatment of rare paediatric vasculitides – the SHARE initiative

Nienke de Graeff^{1,*}, Noortje Groot ^{1,2,3,*}, Paul Brogan⁴, Seza Ozen⁵, Tadej Avcin⁶, Brigitte Bader-Meunier⁷, Pavla Dolezalova⁸, Brian M. Feldman⁹, Isabelle Kone-Paut¹⁰, Pekka Lahdenne¹¹, Stephen D. Marks⁴, Liza McCann³, Clarissa Pilkington⁴, Angelo Ravelli¹², Annet van Royen¹, Yosef Uziel¹³, Bas Vastert¹, Nico Wulffraat¹, Sylvia Kamphuis² and Michael W. Beresford ^{3,14}

Rheumatology 2019;58:656–671
doi:10.1093/rheumatology/key322
Advance Access publication 7 December 2018





Takayasu arteritis



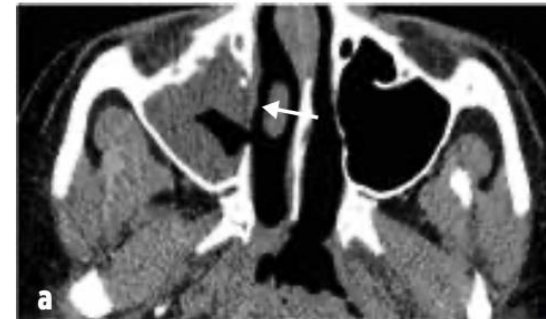
- Segmental arteritis causing stenoses of large muscular arteries, predominantly aorta and its main branches
- Abdominal aorta more often involved in children, often systemic hypertension
- Non-specific symptoms common
 - Fevers, elevation of ESR/CRP, malaise, weight loss, palpitations, headaches
 - Vascular bruits, pulse and BP asymmetry
 - Laboratory: Non-specific inflammation



Granulomatosis with polyangiitis



- Granulomatous inflammation of small vessels and tissues
- Predilection towards upper and lower airways and kidneys
- Typically
 - subglottic stenosis,
 - nasal bleeds/crusting, sinusitis
 - nasal septum perforation,
 - retroorbital mass
 - Lung infiltrates / cavities
- PR3 ANCA od C-ANCA stain





Systemic lupus erythematosus



- ...“episodic, multisystemic autoimmune disease characterised by vessel and connective tissue inflammation and presence of antinuclear antibodies....“
- Patogenesis and general mechanisms common with adult disease
- More severe phenotype in children
- Annual incidence 0,3-0,9/100 000 children
 - Predominantly adolescent girls, prevalence higher in other than Caucasian ethnicities
 - If in younger children, monogenic disease to be considered (complement deficiencies)



SLE - manifestations



- **Clinical course** - variable, unpredictable, potential life- or organ-threatening
- **Presenting symptoms**
 - Often non-specific – fevers, fatigue, weight loss, arthralgia, various skin manifestations often photosensitive
- **Most severe organ manifestations**
 - Nephritis
 - Neurolupus
 - Pulmonary haemorrhage



SLE - diagnosis



rheumTutor.com

- Combination of clinical and lab features
- Main presentations covered by SLICC classification criteria **SLICC (Systemic Lupus International Collaborating Clinics) 2012**
 - CAVE – classification vs diagnosis

SLICC[†] Classification Criteria for Systemic Lupus Erythematosus

Requirements: ≥ 4 criteria (at least 1 clinical and 1 laboratory criteria)
OR biopsy-proven lupus nephritis with positive ANA or Anti-DNA

Clinical Criteria

1. Acute Cutaneous Lupus*
2. Chronic Cutaneous Lupus*
3. Oral or nasal ulcers *
4. Non-scarring alopecia
5. Arthritis *
6. Serositis *
7. Renal *
8. Neurologic *
9. Hemolytic anemia
10. Leukopenia *
11. Thrombocytopenia (<100,000/mm³)

Immunologic Criteria

1. ANA
2. Anti-DNA
3. Anti-Sm
4. Antiphospholipid Ab *
5. Low complement (C3, C4, CH50)
6. Direct Coombs' test (do not count in the presence of hemolytic anemia)

[†]SLICC: Systemic Lupus International Collaborating Clinics

* See notes for criteria details



SLE skin manifestations



- Acute skin manifestations
 - Malar rash, subacute skin lupus
- Chronic manifestations
 - Classical discoid lupus, lupus panniculitis (lupus profundus), mucosal involvement ...
- Oral / nasal ulcerations
 - Palate, buccal, tongue, nasal
- Non-scarring alopecia





SLE – therapy and prognosis



- Treatment individually tailored
 - Immunosuppressive/antiinflammatory pharmacotherapy
 - Systemic corticosteroids, antimalarials
 - Azathioprine, methotrexate, mycophenolate mofetil
 - Cytotoxic therapy - cyclophosphamide
 - B-cell number or function affecting therapies – rituximab, belimumab
 - Other therapies
 - E.g. Anticoagulation in APLS
- Psychological care and support
- Long-term/lifelong disease with remissions and exacerbations, mortality 15%
 - Sepsis, renal failure



Neonatal lupus



- Maternal autoAbs (ENA - anti-Ro) from gestational week 12.-16. enter fetal circulation
 - Bind to fetal myocardial and other (skin) structures
- Clinically
 - A-V heart block – may require pacemaker
 - erythema annulare, discoid lupus, cytopenia – benign, self-limiting



Idiopathic inflammatory myopathies



For the diagnosis of juvenile dermatomyositis, the following findings should be present prior to age 18 years:

- Typical skin finding (heliotrope and/or Gottron-sign/-papules)

Additional criteria:

- Symmetric proximal muscle weakness and/or myalgia
- Increased muscle-related enzymes (creatine kinase, glutamate oxaloacetate transaminase, lactate dehydrogenase and/or aldolase)
- Typical findings on muscle biopsy
- Typical findings on magnetic resonance imaging

Other possible etiologies should be excluded.

Probable JDM: Skin findings and at least 2 additional criteria

Definite JDM: Skin findings and at least 3 additional criteria





Early signs of JDM



- **Most common:** Muscle weakness + characteristic skin rash (100%, Pachman, J Rheumatol. 1998)
- **Less common:** Myopathic syndrome plus other vasculitis or „dermatomyositis sine myositis“
- **Warning signs:** dyslalia, voice change, dysphagia, fluid regurge



JDM investigations



Labs

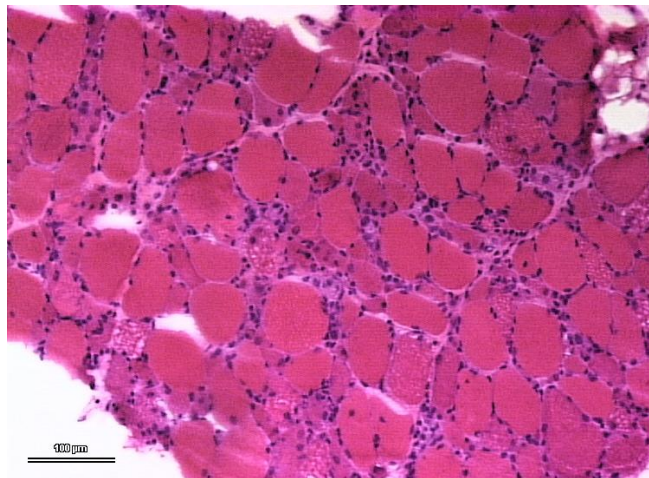
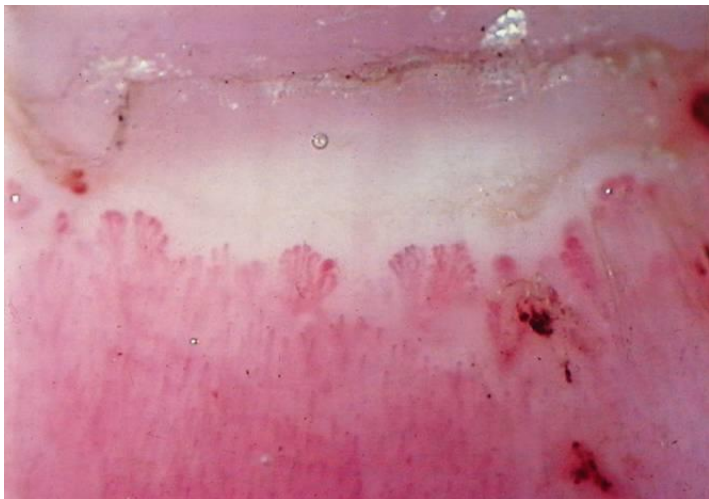
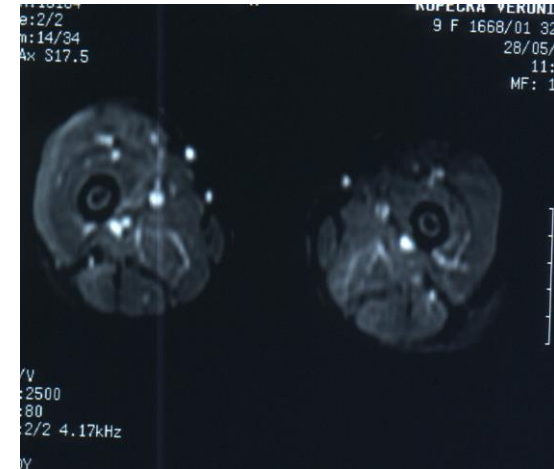
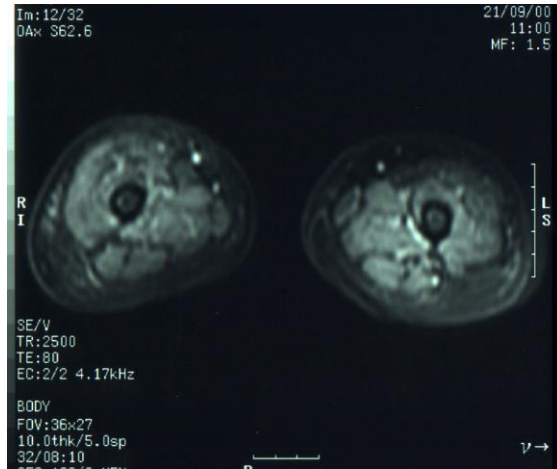
- *Inflammatory markers*
- *Muscle enzymes (all)*
- *Immunology*: Ig, C, **ANA**, ENA, immunoblot (MAS, **MSA**) **B-ly** (CD 19), CD3+CD8+ T-ly
- *Endothelial damage* (**vWF**, neopterin, adhesion molecules)
- *Metabolic screening*

Imaging and other

- *Muscle MRI*
- *EMG, muscle biopsy* (both MRI/CT directed)



Nailfold capillaroscopy, muscle MRI, muscle biopsy





JDM/JPM differential



- ***Postinfectious myositis*** (influenza A,B, coxsackievirus B, toxoplasmosis, trichinosis, staph pyomyositis)
- ***Neuromuscular disorders*** (spinal atrophy, myasthenia)
- ***Metabolic and heritable myopathies*** (glykogen storage dis, lipidoses, carnitin def, β -oxidation disorders, dystrophinopathies...)
- ***Secondary myopathies*** (endocrinopathies, steroid induced)
- ***Other CTD*** (MCTD, SLE, vasculitis..)



JDM therapy and prognosis



- ***Drug treatment:***
 - **CS** (+ osteoporosis prevention, K suppl)
 - **immunosuppressive / antiinflammatory**
 - hydroxychloroquine, MTX, CyA, IVIG, CFM,
 - Biologics – TNFi, rituximab
 - Small molecules – JAK inhibition
- ***Multi-disciplinary:***
 - PT/OT, supportive, alimentation, hydration (myoglobinuria)

Disease course:

- **monocyclic** : limited, steroid responsive (27%)
- **persistent** (chronic ulcerative (33%)
- **polycyclic** (chronic nonulcerative): (40%)



Childhood scleroderma - systemic



- **Systemic sclerosis:**

- **diffuse** (proximal skin, multiorgan involvement),
- **limited** (CREST: Calcinosis, RS, Esophageal dysmotility, Sclerodaktyly, Teleangiectasia)

- **Clinical features:**

- oedema-induration-sclerosis-skin atrophy,
- calcinosis, RS (90%), ischemic fingertip **ulceration**, contractures, weakness, arthralgia,
- abd pain, GI dysmotility and malabsorption, dysphagia, pericarditis,
- pulmonary fibrosis, PAH,
- renal vasculitis with hypertension





Childhood scleroderma - localised



- **Localised:**

- **morphea**-oval shaped, circumscribed induration variable in size, depth and number

- **linear scleroderma**-often deep tissues involved incl muscle and bone, epilepsy, organ involvement

- **Eosinophilic fasciitis:**

- skin induration with flexion contractures, eosinophilia, hypergammaglobulinemia, usually no organ involvement

