

Adalimumab Therapy for Inflammatory Discitis Associated with Spondyloarthritis

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Abstract : Inflammatory discitis is a sterile inflammatory disease that typically presents with abnormalities in two adjacent vertebral bodies and the intervening disk. Diagnosis this disorder is usually difficult and ideal management remains controversial. In this report we examine a case of inflammatory discitis in a 56 year old female in which treatment with adalimumab ameliorated symptoms. The 56-year-old female patient developed repeatedly inflammatory discitis in the past three years, presenting with severe back pain, an elevated C-reactive protein and erythrocyte sedimentation rate, radiological erosive changes in vertebral and intervertebral disk of the spine. Surgical treatment, antibiotics and non steroidal anti-inflammatory drugs(NSAIDs) were used, but the patient still suffered from recurrent onset of unbearable backache. Three years later from the patient's first admission adalimumab was prescribed due to the third occurrence of Anderson lesions, which she had been suffering from for years. Soon after the same day of adalimumab therapy, her symptoms had a dramatic improvement. On the following day she could stand and walk slowly, her CRP and ESR were decreased to nearly normal levels in 4 weeks. Human leukocyte antigen (HLA)-typing analysis revealed a positive result for HLA-B27, the patient's inflammatory discitis was considered to be associated with spondyloarthritis.

Keywords : adalimumab, inflammatory discitis, spondyloarthritis, patient

Conference Title : ICR 2015 : International Conference on Rheumatology

Conference Location : London, United Kingdom

Conference Dates : May 25-26, 2015