MEDICAL QUIZ

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A 32 year old male came to the medicine OPD with complaints of gradual onset of pain and stiffness in the lower back and upper buttock area since the past 8 months. This has progressively worsened with loss of range of motion since the past few months.

He also stated that symptoms of pain and stiffness were often worse in the morning or after prolonged periods of inactivity. This would gradually reduce during the day due to moving about or applying heat to the affected part. A couple of weeks earlier he had developed a respiratory infection for which he took some medications. After that he has had on-off episodes of cough and shortness of breath which has prevented him from doing his daily routine of exercises. Recently he has developed an irritation in his right eye which worsens on exposure to bright light.



Figure – 1 (lateral X-ray of spine)



Figure – 2 (AP X-ray of Sacroiliiac)

EXAMINATION

The patient has a stooped posture. There is decreased range of movement of the spine and tenderness of the sacroiliac joints of the upper buttocks is present. There is limited expansion of the chest wall with full breathing and ophthalmoscopy revealed acute anterior uveitis.

INVESTIGATION

- Blood investigation shows normochromic, normocytic anemia with a raised ESR and CRP levels. Alkaline Phosphatase level is elevated.
- X-ray shows sacroiliitis and “squared” vertebral bodies with bony bridges across vertebrae.

Quiz

1. Which of the following is a correct diagnosis of the above case?

a. Juvenile Idiopathic Arthritis
b. Ankylosing spondilitis
c. Enteropathic Arthropathy
d. Sacroiliac joint dysfunction

2. Which of the following drug can be given in this disorder which is poorly controlled with NSAIDs?

a. Infliximab
b. Methotrexate
c. Sulfasalazine
d. Adalimumab

3. Which of the following spinal examination will be positive in a patient of the above disorder?

a. Tenderness of a specific vertebrae along the spine
b. Scoliosis of the spine is positive
c. Shober's test reveals lumbar flexion restriction
d. Cervical lordosis is present in the patient

4. Which of the following extra-articular feature is present in the above disorder?

a. Apical pulmonary fibrosis
b. Pulmonary artery regurgitation
c. Peripheral neuropathy
d. Aortic stenosis

The answers are 1 (B) 2 (D) 3 (C) 4 (A)