

Lupus and Musculoskeletal Symptoms



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Lupus- Sorting out medical terms

- Autoimmune disease
- Systemic or Cutaneous only
- Chronic Disease
- Relapsing and Remitting
- Not a common Disease. 1.5 million Americans

Who gets it?

- Exceptions
- Women
- 15-44 yrs
- Ethnic-Racial groups 3x
- Families with AID
- Someone with another AID

Non specific presenting symptoms

- Constitutional symptoms
 - Fevers, weight loss, malaise, flu like
- Inflammation in organ system
- Skin rashes
- Arthralgias, Arthritis
- Others

MSK

- >90% muscle or joint pain at some point
- Especially during flares
- May be presenting symptom
- May be from various causes
- Treatment is based on cause

MSK

- Pain around joints-Fibromyalgia/bursitis, Tendonitis, Tendon ruptures
- Joint pains-Arthralgias
- Joint pains, stiffness, swelling-Arthritis
- Tendon laxity-Disfigurement in hands
- Muscle pain and weakness – Myositis, (meds-steroids)
- Side effects of steroids or otherwise-Osteoporosis and fractures
- Avascular necrosis of bones
- Vitamin D deficiency

MSK

- Usually pain is in joints on both sides of body
- Usually hands, wrists, hips, knees, ankle, feet
- Usually wake up with stiffness >20 min
- Improves with use
- Does not usually cause damage
- <10% deformities
- Hydroxychloroquine, methotrexate, azathioprine
- Long term NSAIDS, Steroids not good
- Consider other options



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Vitamin D deficiency

- Common in SLE
- Specially in areas with long/bad winters
- Sun exposure and physical activity issues in SLE
- May cause with aches/pains, OP
- Disease activity
- Easy replacement

FMS

- 1/3 SLE patients
- Diffuse aches, pains, fatigue, poor sleep
- Depression, OSA
- Exam based diagnosis
- Treatment is different from SLE, and involves exercises and other modalities

Myositis

- Muscle inflammation from SLE.
- Blood test CPK, Liver tests may be abnormal.
- EMG and muscle biopsy
- Treatment: prednisone, methotrexate, azathioprine, other agents
- Other causes:
 - Meds
 - Steroids
 - Lipid lowering meds

Osteoporosis

- Post-menopause-natural or otherwise
- SLE
- Other conditions: vitamin D deficiency
- Meds: Steroids
- Smoking
- Nutritional: low calcium, vit d intake
- Have you had a BMD if you are at risk?
- Do you take adequate calcium and vitamin D recommended?

AVN

- Avascular necrosis is a localized death of bone
- dead areas of bone do not function normally, are weakened, and can collapse.
- leads to destruction of the joint
- The hip is the most common joint
- Diabetes, steroids, lupus, APLS increase risk
- May need joint replacement