



Raising Awareness • Supporting Families • Funding Research • **Finding a Cure**

# 2018 National Conference

## “Signs of a Flare”

Laura Tasan, MD  
Pediatric Rheumatology Fellow  
Children’s Hospital of Pittsburgh of UPMC



# Symptoms/Complaints

## ▶ General:

- ▶ Easy fatigue
- ▶ Fever
- ▶ Enlarged lymph nodes

## ▶ Muscle:


- ▶ Progressive proximal muscle weakness
- ▶ Muscle pain or tenderness
- ▶ Falling episodes
- ▶ Arthritis

## ▶ Skin:

- ▶ Gottron papules
- ▶ Heliotrope rash
- ▶ Erythematous rash of malar/facial area
- ▶ V- or shawl-sign rashes
- ▶ Skin ulceration
- ▶ Calcinosis
- ▶ Nailfold capillary changes
- ▶ Raynaud phenomenon

## ▶ Gastrointestinal symptoms:

- ▶ Weight loss
- ▶ Difficulty swallowing
- ▶ Change of voice
- ▶ Inflamed gums
- ▶ Gastrointestinal bleeding or ulceration

- 
- ▶ Some general symptoms are vague
  - ▶ Can also be seen in viral illnesses and infections
  - ▶ Need to monitor symptoms for at least 2 weeks to rule out infection
  - ▶ Skin is more specific for flare

# Classic Gottron's papules



**Gottron's papules** are found symmetrically on the extensor surfaces of the knuckles (MCPs, PIPs, and DIPs), toes, elbows, knees and ankles.

They are characterized as flat topped, erythematous or violaceous, papules sometimes with associated scale



<http://en.wikipedia.org/wiki/File:Dermatomyositis.jpg>



# Abnormal Nail Capillaries



# Gottron's Papules



# Gottron's Sign





# V Sign



Signed consent obtained from patient



# Malar and Heliotrope Rash



<http://emedicine.medscape.com/article/1417215-overview>

Signed consent obtained from patient

# Gingivitis



# Heliotrope



Signed consent obtained from patient

# When There is a Concern for Flare:

- ▶ Best is to be in contact with rheumatologist and pediatrician
- ▶ Then rheumatologist can determine next steps:
  - ▶ Physical examination
  - ▶ Muscle enzymes
  - ▶ Labs to check for other infections
  - ▶ MRI of muscles
  - ▶ Muscle/Skin Biopsy



# How to Prevent a Flare

- ▶ Sunscreen
  - ▶ sun can trigger a flare
- ▶ Wash hands; Flu vaccines
  - ▶ prevent viral illness which may trigger flare
- ▶ Compliance with medications, checking in with rheumatologist
- ▶ May not be able

# Take Away Message:

- ▶ Don't panic
- ▶ Monitor Symptoms- as can have a virus/infection
- ▶ Touch base with Rheumatologist