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Adult onset still disease-case report

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Abstract
Adult onset still diseases (AOSD) is an uncommon clinical entity that predominantly effects young adults. Usually present as fever of unknown origin. It is a multi systemic inflammatory disorder of unknown etiology characterized by spiking fever, skin rash, arthralgia/arthritis and myalgia.

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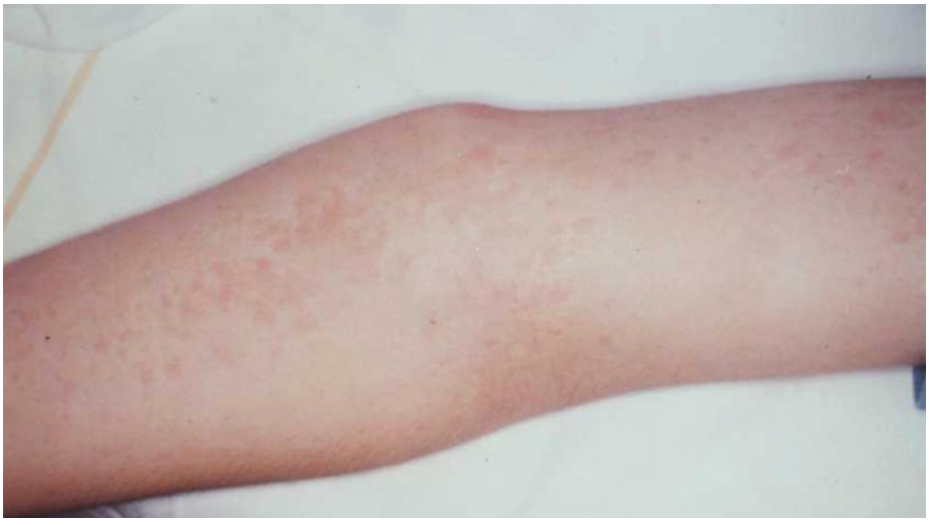
I. Case Report

A 28 year old male presentedat yatharth hospital noida,uttar Pradesh (India)with complaints of high grade fever, joint pain, muscular pain& dry cough since 9 days. He had no significant medical or drug history.Marked pain was present in all joints and also thigh muscles.Physical examination showed petechial hemorrhagic spots on palate.The abdominal examinations showed mildspleenomegaly, other systemic examination was normal. TLC (11000), ESR (80) were elevated, CRP+, ASLO titer <200. ANA and RA factor negative. Sr. ferritin level value was > 40,000 mg/ml.

X-Rayshowed B/L minimal pleural effusion, MP card and widal was negative. Patient was given symptomatic treatment but was not relieved.

As per yamaguchi criteria patient full filled 6 criteria including4major criteria and 2 minor criteria and was diagnosed to be case of AOSD. Patient was started on prednisolone 1mg/kg body weight and methotrexate 10mg/week. Patient showed marked improvement after initiation of treatment.

Major criteria
 Fever: A spiking fever of at least 39°C that lasts for more than a week
 Arthralgia: Joint pain that lasts for more than two weeks
 Rash: A characteristic rash
 White blood cell count: A white blood cell count of more than 10,000



Minor criteria
 Sore throat
 Swollen lymph nodes or spleen
 Abnormal liver function tests
 Negative rheumatoid factor and antinuclear antibody
 Maculopapular rash

- Leukocytosis of at least 10,000/mm3