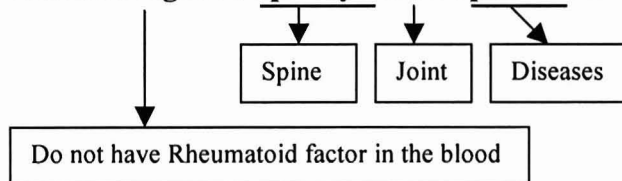


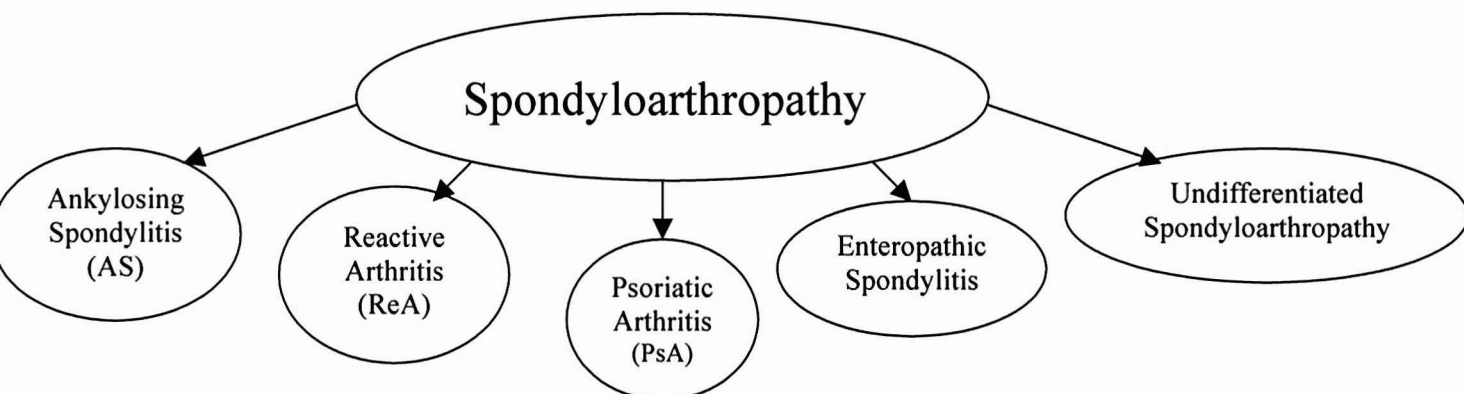
# Spondyloarthritis Overview

The **Seronegative Spondyloarthropathies** are a group of rheumatic diseases with inflammatory arthritis of the spine.



They are associated with:

- Inflammation in the spine - e.g. sacroiliitis, spondylitis.
- Arthritis affecting joints of the legs & arms, typically on one side of the body.
- Bloodwork that *usually* does not show Rheumatoid factor.
- Enthesopathy (inflammation where ligaments, tendons, and joint capsule attach to bone).
- Inflammatory eye disease - e.g. iritis (uveitis), conjunctivitis.
- Tendency to run in families and are often associated with HLA B27 genetic marker.



1) **Ankylosing Spondylitis** Mainly involves the spine and can result in stiffening and loss of movement in the neck, rib cage and lower back. Also commonly affects shoulders, hips, knees & feet.

2) **Reactive Arthritis** (Reiter's Syndrome) Typically causes hot swollen joints usually in the legs, but may cause stiffening in the spine as well. Triggered by infection in the bowel or genitourinary tract.

3) **Psoriatic Arthritis** Involves psoriasis (a red/grey, scaly rash) and an arthritis that mainly involves the wrists, knees, ankles, fingers & toes but can also affect the spine. It can look like Rheumatoid Arthritis. People who have Psoriasis do not necessarily develop Psoriatic Arthritis.

4) **Enteropathic Spondylitis** (Intestinal Arthropathy) Ulcerative colitis and Crohn's disease are inflammatory conditions of the bowel, which result in diarrhoea. They are associated with arthritis, which may affect the spine and sacroiliac joints, as well as joints in the legs and arms.

5) **Undifferentiated Spondyloarthritis** Has features of other spondyloarthropathies (*peripheral joint arthritis, sacroiliitis, inflammatory back symptoms, may have HLA B27*) but do not have clinical features to make a specific diagnosis.

# Comparison of Spondyloarthropathies

	Ankylosing Spondylitis (AS)	Juvenile AS	Reactive Arthritis	Psoriatic Arthritis	Intestinal Arthropathy
Sex distribution	Male>Female	Male=Female	Male>Female	Female>Male	Male=Female
Usual age at onset	Young Adult <40yrs	8-18yrs	Young to middle adult	Young to middle adult	Young to middle adult
Pattern of onset	Gradual	Variable	Sudden	Variable	Peripheral is sudden; Spine is gradual
Peripheral Joints	~25% Often lower limb	~90% Upper or lower limb	~90% Usually lower limb	~95% Upper>lower limbs	Frequent Lower>upper limbs
Sacroiliitis	Virtually 100%	<50%	<50%	~20%	~20%
Symmetry of sacroiliitis	Symmetric	Variable	Asymmetric	Asymmetric	Symmetric
HLA B27 +	90%	80%	50-80% (90% with sacroiliitis)	20% (50% with sacroiliitis)	5% (50% with sacroiliitis)
Heart Involvement	1-4%	Rare	5-10%	Rare	Rare
Eye Involvement	25-30%	20%	Common	Occasional	Occasional
Skin & nail involvement	None	Uncommon	Common	Virtually 100%	Uncommon

Adapted from "Primer on Rheumatic Diseases" 11<sup>th</sup> Edition, John H. Klippel, Arthritis Foundation, 1997.

## Enthesitis – Inflammation of the attachments

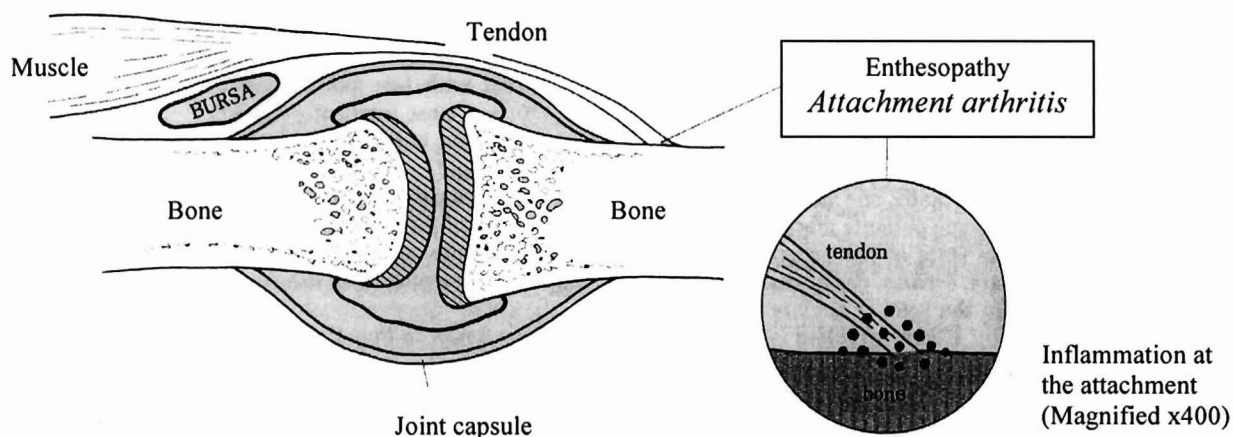


Diagram from "Arthritis, A Comprehensive Guide", Dr. James Fries, Addison-Wesley Publishing Co, 1990.

# Information Sources – Spondyloarthritis

## Arthritis Society

Arthritis Answers Line 1-800-321-1433

British Columbia & Yukon Division,  
200 - 1645 West 7th Avenue, Vancouver BC, Canada V6J 1S4  
Purchase “Straight Talk on Spondylitis” for \$22.15 including GST & shipping.  
[www.arthritis.ca](http://www.arthritis.ca)  
Online information sheets on AS, Psoriatic Arthritis, Reactive Arthritis & more.

## Arthritis Foundation

PO Box 7669, Atlanta GA, USA 30357-0669 1-800-283-7800  
[www.arthritis.org](http://www.arthritis.org)  
Request free copy of the pamphlets on AS, Psoriatic Arthritis, Reactive Arthritis & more.

## Ankylosing Spondylitis Association of BC (A.S.A.B.C.)

contact Anne 604-531-8307

c/o Mr. Gray, #807-13353 108<sup>th</sup> Ave, Surrey BC, V3T 5T5  
Membership is \$24/yr. Newsletter is called “BACKBONE”.

## Ankylosing Spondylitis Discussion Group

contact Pam Hartling 598-6967

## National Ankylosing Spondylitis Society (NASS)

011-44-01435-873-527

PO Box 179, Mayfield, East Sussex, Great Britain, TN20 6Z1  
Produces a newsletter and several publications. Free “Guidebook for Patients” available online.  
[www.nass.co.uk](http://www.nass.co.uk)

## Spondylitis Association of America

PO Box 5872, Sherman Oaks CA, USA 91413 1-800-777-8189  
[www.spondylitis.org](http://www.spondylitis.org)  
Request free copy of booklets:  
A Family of Related Diseases (i.e. the Spondyloarthropathies), Juvenile AS (JAS)  
Purchase books & exercise videos.