



# 1/11/22 Morning Report with @CPSolvers



**Case Presenter:** Rafa Medina (@rafameed) **Case Discussants:** Jassimran Singh (@JassimranSingh9) and Seyma (@seymss15)

**CC:** 40 Y/o M unintentional weight loss for 4 months

**HPI:** Along with the weight loss, the patient presents with multiple episodes of b/l ear pain for the last 4 months along with intermittent flares of joint pain in b/l knees, ankles and wrists which improves with ibuprofen. He also has a hoarse voice.

**PMH:**

**Meds:**

**Vitals:** T: HR: BP: RR: SpO<sub>2</sub>:

**Exam:**

**Gen:**

**HEENT:** erythematous ear sparing the earlobes with normal hearing.

**CV:** wnl

**Pulm:** wnl

**Abd:** wnl

**Neuro:** wnl

**MSK:** tenderness to palpation to sternoclavicular, manubriosternal and costochondral joints.

**Notable Labs & Imaging:**

**Hematology:**  
Hgb:11, Plt: WBC:

**Serologies**  
ESR: 115, CRP: 137  
ANA: positive (titre: 1:80), RF elevated and anti-CCP negative  
ANCA, C3, C4, anti-dsDNA: normal  
Urinalysis:normal

**Chemistry:** wnl

**Imaging:**  
CT: Thickening of the anterior and lateral walls (the cartilaginous walls) of the trachea (not in the membranous posterior wall).

**Diagnosis:** Relapsing Polychondritis

**Problem Representation:** 40 yo M w/ weight loss, b/l ear pain, chronic joint pain. PE remarkable for erythematous ear sparing earlobes and tenderness to palpation in sternoclavicular, manubriosternal and costochondral joints. The labs were remarkable for ANA + and elevated inflammatory markers.

- Teaching Points (Gabriel):**
- **Approaching weight loss:**
    - **Inflammation ON:** Infectious, Malignancy, Endocrine
    - **Inflammation OFF:** Food insecurity, dysphagia, dentition, depression, dysfunction, drugs.
  - **Collecting clues:**
    - **Venn diagram prioritizes autoimmune systemic conditions**
      - + chronic joint pain → autoimmune rheumatic diseases, septic arthritis.
      - + Chronic otitis media/sinusitis → **autoimmune** disorders: Granulomatosis with polyangiitis.
      - + Hoarse voice → endocrine (hypothyroidism), infections, autoimmune disorders.
  - **Completing the puzzle**
    - **Cartilage involvement** → relapsing polychondritis: degenerative autoimmune process affecting any cartilage around the body, *Online resource [here](#)*
      - 1/3 of cases manifest a concomitant autoimmune disease
    - Ddx: SLE (usually no CRP elevation), Sarcoidosis (no explanation for the cartilage compromise at ears)