

**Categories of Rheumatic Diseases**  
**with their**  
**Immune and Laboratory Correlates**

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**Conflict of Interest Disclosure**

I have no conflicts and nothing to disclose

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**Learning Objectives**

- 1) To grasp the General CATEGORIES of Connective Tissue Diseases
- 2) To understand the Step Approach to their diagnosis (History, Exam, Lab, Imaging, Taps, Bx...)
- 3) Utilize CLASSIFICATION CRITERIA for definitive diagnosis

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**Lecture Outline**  
**Categories of Degenerative & Immune Disease**

- I) Regional Musculoskeletal Abnormalities
  - Osteoarthritis & degenerative spinal disease
- II) Inflammatory Diseases (Sero-Negative)
  - SpondyloArthritis Group
  - Polymyalgia Rheumatica
- III) AutoImmune Diseases: (Sero-Positive)
  - Systemic Lupus
  - Rheumatoid Arthritis
- IV) Vasculitic Syndromes
  - Large, Medium & Small vessel Dz

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**General Principals in the Diagnosis of Inflammatory & Autoimmune Diseases**

- 1) Carefully perform History & Physical  
(Is there a Suspicion of an Immune Disease?)
- 2) Order screening lab tests: CRP, ANA, RF, CCP, etc...  
Aspirate, biopsy and analyze your data
- 3) Next order specific auto-antibody titers: Sm, DNA...
- 4) Utilize the Categories & Diagnostic Criteria
- 5) Evaluate Dz activity; DZ activity scores & labs  
CRP, ESR, C4, C3, gamma globulin levels
- 6) Evaluate major organ systems

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**Statements on Rheumatic Labs**

- Requires an elevated suspicion of Immune Dz
- Your Initial Clinical Impression is your guide to the diagnosis
- Sensitive, but sometimes non-specific
- Immune labs serve as confirmatory data
- Many patients with a pos RF & ANA do not have RA & SLE
- In acute presentations rule out infections as an etiology for positive rheum labs

Shmerling RH. South Med J. Diag tests in rheum dz. 2010 Jul;98(7):704-11.

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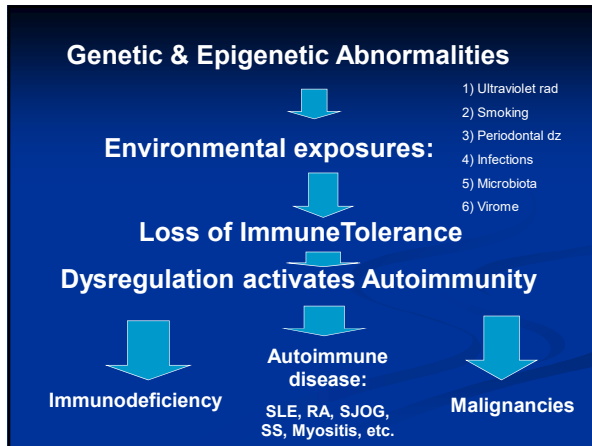
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- \*Categories of Connective Tissue Diseases**
- 0) *I) Regional Musculoskeletal Abnormalities*
    - Osteoarthritis and associated degenerative disorders
  - II) Inflammatory Diseases (Sero-Negative)
    - Arthritis 2<sup>o</sup> to legitimate immune response:
      - Infections: Active Vs Reactive, Crystallopathies, Metabolic disease....
    - Primary inflammatory conditions: Spondyloarthritis, PMR ...
    - Auto-Inflammatory Diseases: Hereditary Periodic Fever
    - Malignancies: MGUS, Plasmacytoma, MM, Lymphomas...
  - III) Auto-Immune Diseases: RA, SLE, SS, Sjog etc.
  - IV) Vasculitic Syndromes

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- Regional Musculoskeletal Diseases**
- Characterized:**
- History:
    - Pain exacerbated by activity and relieved by rest
    - Localized Pain within weight bearing joints
  - Physical Examination:
    - Localized joint hypertrophy with crepitus, tendonitis and bursitis
  - Laboratory Studies:
    - All normal: ESR, CRP, ANA, RF, CCP, ANCA
  - X-Rays:
    - Asymmetrical narrowing, sclerosis and hypertrophy

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Degenerative Joint Disease

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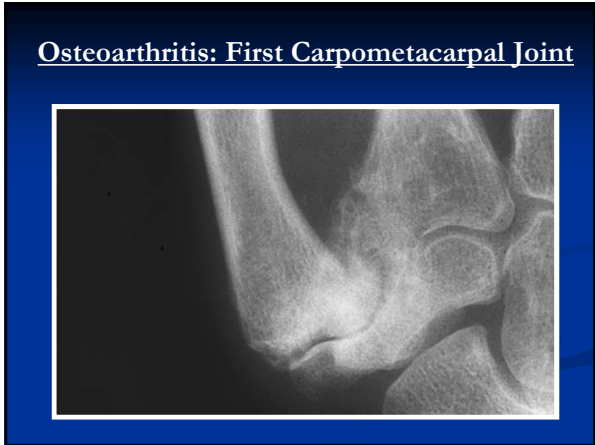
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Cervical Spine Degenerative Disc Disease



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Lumbar Ankylosing Spondylitis: Syndesmophytes



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Cervical Ankylosing Spondylitis: Syndesmophytes



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## Bone Abnormalities

<b>Degenerative Joint Diseases</b> <ul style="list-style-type: none"><li>■ Asymmetrical cartilage deterioration</li><li>■ Subchondral sclerosis</li><li>■ Eburnation, osteophytes</li><li>■ Osseous hypertrophy</li><li>■ Weight bearing joints</li></ul>	<b>Inflammatory Diseases</b> <ul style="list-style-type: none"><li>■ Symmetrical narrowing of joint spaces</li><li>■ Periarticular osteopenia</li><li>■ Syndesmophytes (bone formation)</li><li>■ Osteoporosis</li><li>■ Enthesitis</li></ul>
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## Categories of Connective Tissue Diseases

- I) Regional Musculoskeletal Abnormalities
  - Osteoarthritis and associated disorders
- **II) Inflammatory Diseases (Sero-Negative)**
  - Arthritis 2<sup>o</sup> to legitimate immune response:
    - Infections, Infections, Reactive arthritis & Crystalline Dz
  - Primary inflammatory Dz: Spondyloarthritis, PMR ...
  - Auto-Inflammatory Diseases: Hereditary Periodic Fever Syndromes
  - Malignancies: MGUS, Plasmacytoma, MM, Lymphomas...
- III) Auto-Immune Diseases (Sero-Positive)
  - RA, SLE, Sjogren's Synd, Scleroderma, Myositis etc...
- IV) Vasculitic Syndromes

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## Innate Immune Features (Inflammatory Diseases)

- First Line of Defense
- Early Rapid Inflammatory Response
- Selective Receptors: Structures common to Microbes
- Cells: Neutrophils, Macrophages, DCs & NK cells
- Soluble portion:
  - Inflammatory mediators (cytokines): CRP, TNF, IFNs...
  - Complement System C3, C4, CH50 ...
- No Immunological Memory, No Autoimmunity

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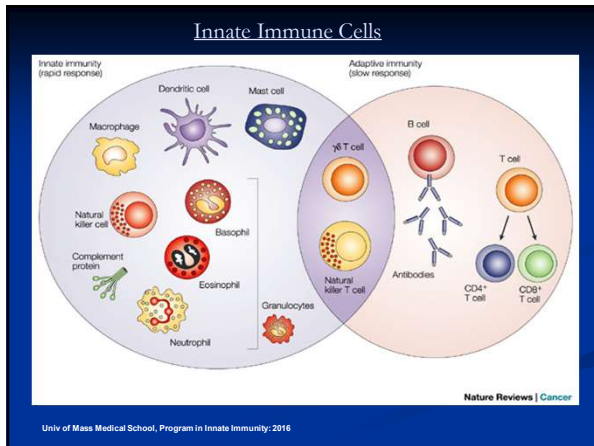
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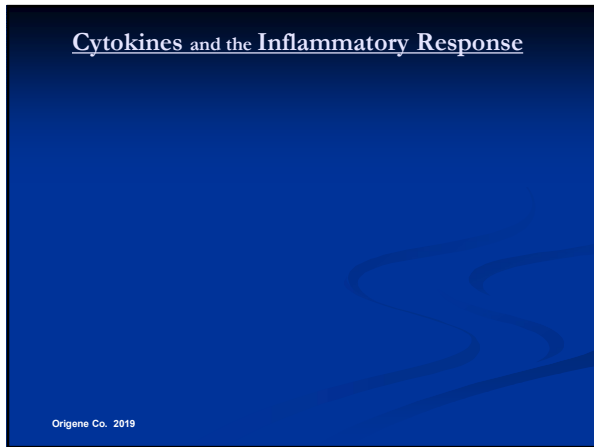
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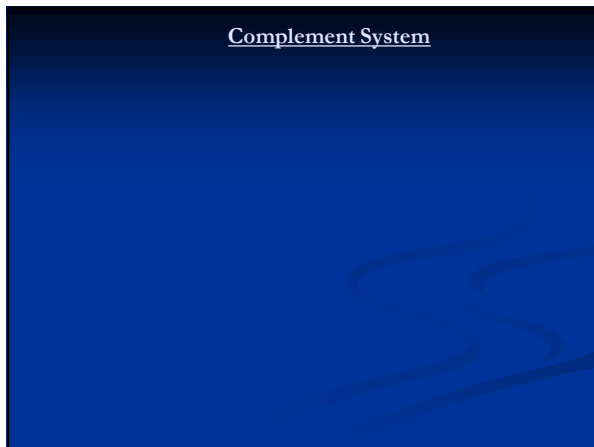
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**Features Inflammatory Diseases**  
**(Sero-Negative)**

- **History:**
  - *Nocturnal and early morning Stiffness/Swelling*
  - Stiffness is relieved with activity and exacerbated with rest (Gelling)
- **Physical Examination:**
  - Inflammatory joint features; synovitis, erythema, swelling, effusions and enthesitis
- **Labs:** Elevated inflammatory mediators; increased CRP, ESR & alpha-1 or 2 fraction on SPEP
  - ANA, CCP & RF are Negative (Sero-Negative Dz)
- **X-Rays:** Symmetrical narrowing, periarticular osteopenia and osteoporosis

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**\* Secondary Inflammatory Diseases**

- **Infections:** Hepatitis-C, Endocarditis...
- **Post-Infectious reactive arthritis**
- **Crystalline arthropathies:** Gout, CPPD & Basic calcium phosphate disease etc...
- **Tic born infections:** Lyme, Ehrlichiosis, Babesiosis, RMSF etc...
- **Malignancies:** Multiple myeloma, plasmacytomas, lymphomas, leukemias etc.

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**\* Primary Inflammatory Conditions**  
**(Sero-Negative)(Cytokine mediated)**

- **SpondyloArthritis Group**
- **Polymyalgia Rheumatica**
- **Adult-Onset Stills Disease**
- **Hereditary Periodic Fever Syndromes**  
(systemic auto-inflammatory disorders)

Makysmowych W et al. 2012;84:6,1713-19.

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**\*SpondyloArthritis Group**  
 (Axial & Peripheral distribution)  
 (Pre & Post-radiographic)

- Ankylosing Spondylitis
- Psoriatic Spondyloarthritis
- Inflammatory Bowel Dz assoc Arthritis
- Reactive Arthritis (post-infectious)
- Undifferentiated Spondyloarthritis

Ritcheirlin C, et al. NEJM 2017; 376: 957-70

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**General Features of Spondyloarthritis (SpA)**

- Inflammatory back pain & SI joint symptoms
- Prolonged nocturnal & AM stiffness
- Peripheral Inflammatory arthritis
- Stiffness improved with exercise
- Reduced spinal & chest mobility over time
- Enthesitis & syndesmophytes (bone formation)
- Extra-skeletal manifestations
- Elevated ESR/CRP & associated HLA-B27

Tsurg J et al. NEJM 2016; 374(25): 2563-74.  
 Rudwaleit M et al. Inflammatory back pain in AS. Arth & Rheum 2006; 54(2):569-78.  
 Firestein G et al. Text Rheumatology 8<sup>th</sup> Ed, 2009

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**Axial Spondyloarthritis**

<i>Early Dz</i>	<i>Late Dz</i>
<ul style="list-style-type: none"> <li>■ Pre-Radiographic Stage</li> <li>■ Inflammatory back pain</li> <li>■ STIR MRI-sacroiliitis</li> </ul>	<ul style="list-style-type: none"> <li>■ Radiographic Stage</li> <li>■ Inflammatory back pain</li> <li>■ X-Ray sacroiliitis/erosions</li> <li>■ Syndesmophytes</li> </ul>

----- Time (years) ----->



**2011 ASAS axial SpA classification criteria**



**1984 NY Criteria**

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ASAS classification criteria for axial spondyloarthritis (SpA). 6 CRP, C-reactive protein; NSAIDs, non-steroidal anti-inflammatory drugs.

Disirée van der Heijde et al. Ann Rheum Dis 2011;70:905-908  
©2011 by BMJ Publishing Group Ltd and European League Against Rheumatism

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Pathways of Bone Resorption and New Bone Formation in Patients with Ankylosing Spondylitis.



Fisher MC et al. N Engl J Med 2014;371:1447-1455

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**Ankylosing Spondylitis**  
(syndesmophytes formation “bambooning”)



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**Advanced Ankylosing Spondylitis**  
**Syndesmophytes, apophyseal ankylosis & SI Fusion**



Young JK. N Engl J Med 2008;359:401-404.

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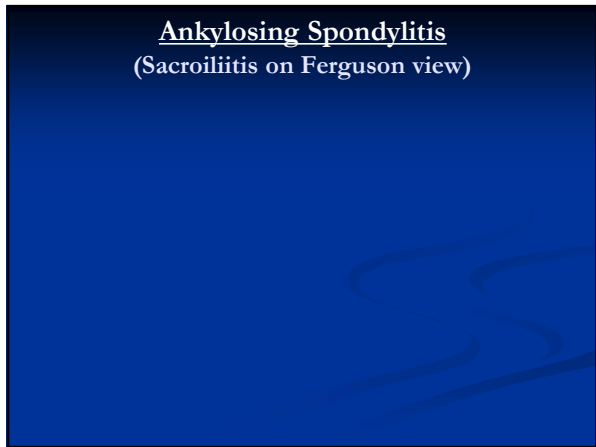
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**Ankylosing Spondylitis**  
**(Sacroiliitis on Ferguson view)**



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**Sacroiliac Erosions STIR MRI**



Webber U et al. Arthritis Res Ther 2012

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## Psoriatic Spondylitis

(Sausage digits: pitting, swelling, erythema & onycholysis)

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## Psoriatic Mutilans

“telescoping fingers”

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### Features of Polymyalgia Rheumatica

- Age greater than 50 years
- Weight loss, fatigue & fevers
- Significant bilateral AM stiffness
- Hip & Shoulder girdle symptoms
- Elevated ESR/CRP, Negative RF, CCP, ANA
- Dramatic response to steroids  
(polymyalgia dramatica)
- PMR is associated with Giant Cell Arteritis

Kermali TA, et al. PMR. Lancet 2013; 381:63.  
Weyand C, et al. GCA & PMR. NEJM 2014; 371: 50-7.  
Salvarani C, et al. PMR & GCA. Lancet 2008; 372: 234.

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### Immune Laboratory Testing

** <u>Innate Immunity</u> (Inflammatory Dz) (Spondyloarthritis, PMR etc.)	<u>Adaptive Immunity</u> (Auto-Immune Dz) (RA, SLE, Sjog, MCTD etc.)
■ ESR: Pos	■ ESR: Pos/Neg
■ CRP: Pos	■ CRP: Pos/Neg
■ ANA: Negative	■ ANA: Pos → ENA
■ RF: Negative	■ RF: Pos
■ Anti-CCP: Negative	■ Anti-CCP: Pos
■ Uric Acid: Pos/Neg	■ ANCA: Pos → PR3
■ ANCA: Negative	→ MPO

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### Categories of Connective Tissue Diseases

- I) Regional Musculoskeletal Abnormalities
  - Osteoarthritis and associated disorders
- II) Inflammatory Sero-Negative Diseases
  - Arthritis 2<sup>o</sup> to legitimate immune response:
    - Infections, Metabolic disease....
    - Primary inflammatory conditions: Spondylitis, PMR ...
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- **III) Auto-Immune Diseases: RA, SLE, Sjogren's synd, scleroderma, myositis, etc...**

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Adaptive Immunity (Antibodies)

- Delayed Onset antibody activity
- Highly specific antibodies
- Antibodies generated to a diversity of targets
- Cellular system: T-cells, B-Cells and Plasma cells
- Soluble effectors: Gamma globulins
- Immunological Memory
- Autoimmunity: SLE, RA, Sjog, Scleroderma...

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Adaptive Immunity

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Immunoglobulins

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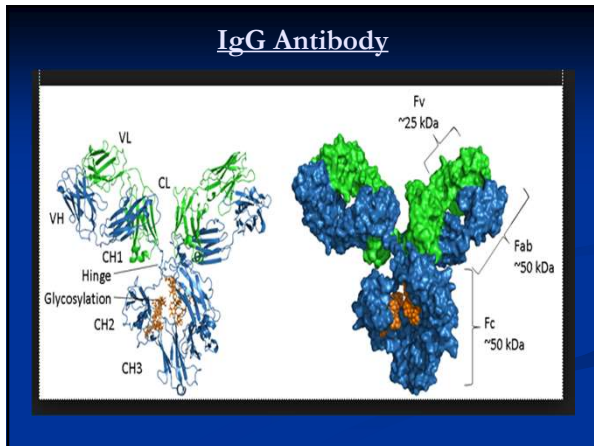
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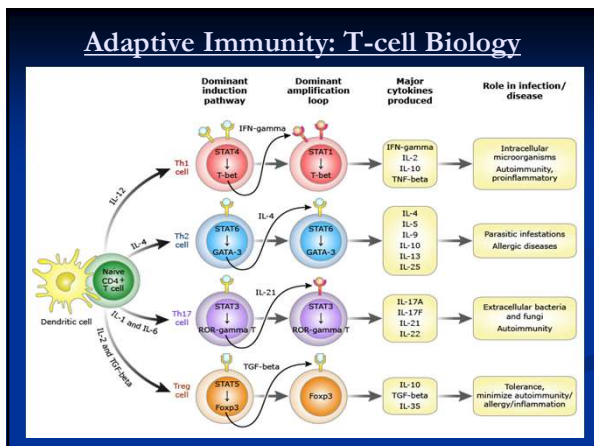
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### Rheumatoid Arthritis Defined:

- Chronic autoimmune disease with inflammatory features
- Characterized by polyarthritis with progressive joint damage, erosions, deformities, nodules and osteoporosis
- Organ involvement includes; ILD, pleuropericarditis, neuropathy, scleritis, splenomegaly, vasculitis etc.
- Multiple innate & adaptive immune abnormalities with augmented systemic inflammation
- The ideology is multifactorial

McInnes JB et al. NEJM 2011; 365: 2205  
Aletaha D et al. Ann Rheum Dis 2010; 69(9): 1580.

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### 2010 Amer Coll Rheum / European League Classification of Rheumatoid Arthritis

- 1) At least 1 joint with Synovitis (swelling)\*
- 2) Synovitis not explained by another disease!\*\*
- A) Joint Involvement score (0-10 pts)
- B) Serology: RF & CCP antibody (0-5 pts)
- C) Acute phase reactants : ESR & CRP (0-1 pt)
- D) Duration of symptoms (0-1 pt)

A score of > 6 needed for DX of RA

Aletaha D et al. RA classification criteria. Arthritis Rheum 2010 ;62(9):2569-81.

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### Non-Rheumatic Conditions with a Positive Rheumatoid Factor

- Aging: (age greater than 70): 10 - 25%
- Infections: Bacterial endocarditis 25-50%, TB 8%, Syphilis 0-13%, Parasitic infections 20-90%, Viral Infections 15-65%, especially Hep-C
- Pulmonary Diseases: Sarcoidosis, Pulmonary Fibrosis 10-50%, Asbestosis...
- Primary biliary cirrhosis

Newkirk et al. J Rheumatol 2002; 29: 2034  
Sansonne D. J Immunol 1998; 160: 3594

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### Rheumatic Diseases Associated with a Positive Rheumatoid Factor

- Rheumatoid arthritis (80-85%)
- Sjogren's syndrome (75-95%)
- MCTD (50-60%)
- Primary Scleroderma (20-30%)
- Systemic Lupus (15-35%)
- Sarcoid (15%)
- Polymyositis/Dermatomyositis (5-10%)

Klippel JH et al. Primer on Rheum Dz. Arthritis Found, 13 Ed, 2008, 329-427.

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### CCP antibody Summary

- CCP ab is more specific for RA than RF
- Is present during the Early stages of RA
- Associated with higher disease activity, erosive disease, and worse long term outcome
- Associated with the development of extra-articular disease and organ involvement
- Assists in identifying early aggressive disease so that early aggressive treatment may be initiated

Whitting PF et al. Ann Intern Med 2010; 152(7): 466.  
Nishimura K et al. Ann Intern Med 2007; 146(11): 797.

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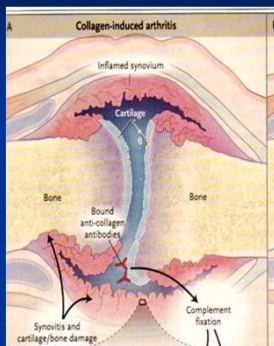
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### Synovial Pathology in Rheumatoid Arthritis



- Synovial lining hyperplasia
- Mononuclear cellular infiltrate with lymphocytes and macrophage
- Augmented angiogenesis
- Multinucleate osteoclasts form pannus destroying bone & cartilage
- Augmented cytokine production with release of collagenases, stromelysins and metalloproteinase

Schett G et al. Arthritis Rheum 2000;43:2501

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RA Pannus Formation  
(Inflamed synovium)

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Early Rheumatoid Arthritis  
(Symmetrical fusiform swelling)

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Chronic Rheumatoid Arthritis

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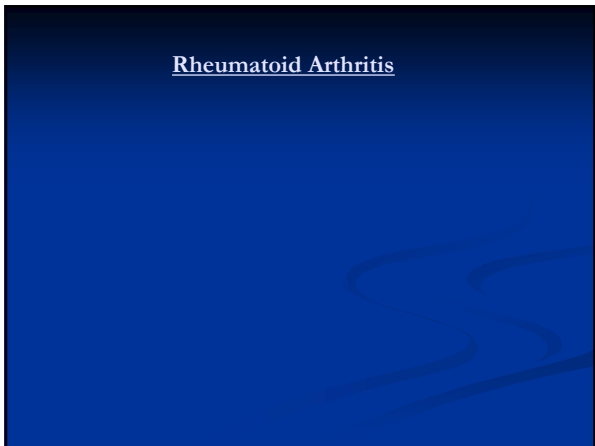
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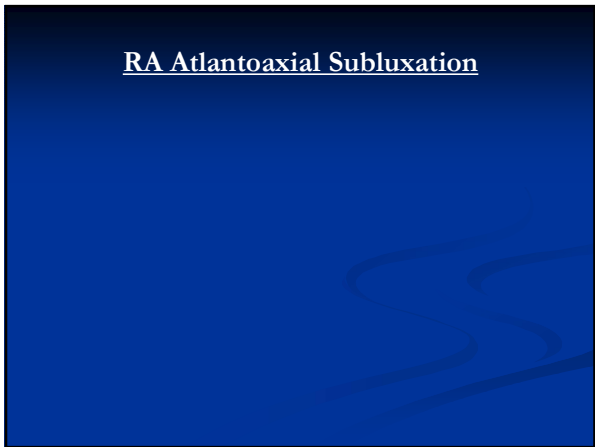
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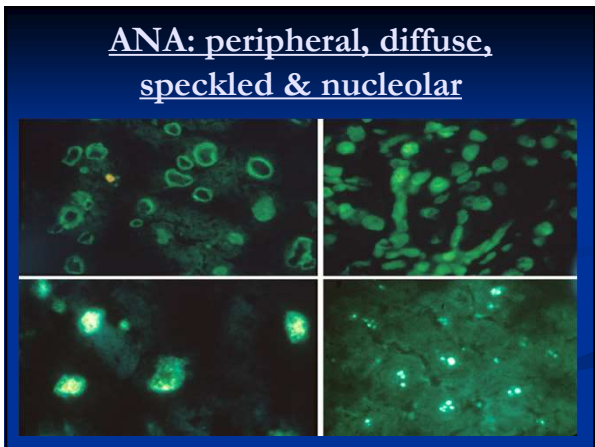
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### Antinuclear Antibodies

- ANA is highly sensitivity but of low specificity
- ANA (+) 30% of normal persons
- ANA (+) may pre date Autoimmune Disease\*
- Other conditions with a positive ANA titer:
  - Infections, Drugs, Malignancy ....
- Organ Specific Autoimmune Dz: Thyroiditis ...
- Undifferentiated Connective Tissue Disease
- Systemic Autoimmune Diseases
- Of all positive ANA's only 5% will be Lupus

To CH, Petri M. 2005;52:4003-10. Harvard Medical School 2012

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### Development of Autoantibodies before the Clinical Onset of SLE: Dept of Defense Repository study

- 30 mil specimens were prospectively collected from 5 million US Armed Forces personnel
- The serum of 130 persons diagnosed with SLE were examined
- 115 of 130 (88%) patients with SLE had at least 1 SLE-Ab up to 9 years before diagnosis
- A predictable course of accumulating auto abs occurred
- Conclusion: Autoantibodies are typically present many years before the Dx of SLE

Arbuckle M et al. N Eng J Med 2003;349:1526-33

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### Kaplan-Meier Curves for the Proportion of Patients with Positive Antibody Tests Relative to the Time of Diagnosis or Appearance of the First Clinical Manifestation of (SLE)

Arbuckle, M. et al. N Engl J Med 2003;349:1526-1533

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Accumulation of Systemic Lupus Autoantibodies

Arbuckle, M. et al. N Engl J Med 2003;349:1526-1533

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Features of Autoimmune disease

- Morning stiffness, synovitis, tenosynovitis effusions etc.
- Raynaud's phenomena
- Photosensitivity, skin rashes, patchy alopecia ...
- Ophthalmologic: episcleritis, uveitis, retinitis...
- Pleuritis, pericarditis

Harvard Medical School 2015

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Classic Autoimmune Syndromes

Undifferentiated CT Disease (UCTD)  
Rheumatoid Arthritis  
Systemic Lupus Erythematosus  
Sjogren's Syndrome  
Systemic Sclerosis / CREST Syndrome  
Mixed Connective Tissue Disease (MCTD)  
Inflammatory Muscle Disease  
Antiphospholipid Syndrome  
OverLap Syndromes (ex Rupus ...)

Bodolay et al. 5 yr F/U 665 Hung pts. Clin Exp Rheumatol. 2003;21 (3):313-20.  
Mosca M et al. UCTD. Autoimmun Rev.2006 Nov;6(1):1-4.

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### Clinical Features of Systemic Lupus

- Multisystem autoimmune Dz with relapsing course
- Variable features; joint/skin dz to multiorgan involvement
- Array of Autoantibodies and Complement activation
- Ds-DNA and Smith abs have greatest specificity
- African-American, Asian & Hispanic women have the highest prevalence of disease
- Lupus nephritis is the most common live-threatening manifestation
- Accelerated atherosclerosis requires aggressive risk factor modification

Pons-Estel GJ et al. Sem in Arth Rheum 2010; 39: 257-68

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### Overview of the Pathogenesis of Systemic Lupus Erythematosus.

Tsokos GC. N Engl J Med 2011; 365: 2110-2121

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### SLE Criteria (4 of 11 required)

- 1) Malar rash: fixed erythema over malar eminence
- 2) Discoid rash: raised, keratotic & atrophic scarring
- 3) Photosensitivity: Rash from sunlight reaction
- 4) Oral, nasopharyngeal & tongue ulcers: Painless
  
- 5) Inflammatory arthritis: Synovitis
- 6) Serositis: a) Pleuritis b) Pericarditis

Flynn A et al. Clin Rheum 2018; 37(3): 817.  
Tiao J et al. J Am Derm 2016; 74(5): 862.  
Petri M et al. Arthritis Rheum 2012; 64: 2677.

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**SLE Criteria (cont)**

- 7) Renal disease: a) persistent proteinuria >0.5 g/d  
b) cellular casts: Red blood cells, granular or mixed
- 8) Neurologic: a) Seizures b) Psychoses & Mono neuritis multiplex.
- 9) Hematologic: a) hemolytic anemia  
b) leukopenia; < 4000/mm  
c) lymphopenia; < 1500/mm  
d) thrombocytopenia; < 100,000/mm

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**SLE Criteria (cont)**

- 10) Immunologic: 1) ds-DNA ab 2) Smith ab  
3) phospholipid antibodies
  
- 11) ANA positive

Primer on Rheumatic Diseases, 13th Ed., 2008, Arthritis Foundation.  
Firestein G et al. Text Rheumatology 8th Ed, 2009

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**Extractable Nuclear Antigens  
(ANA-profile)**

- anti-dsDNA Ab\*: SLE & Nephritis
- anti-Smith Ab: SLE
- anti-U1-RNP Ab: SLE & MCTD
- anti-SSA & SSB: SLE, Sjogrens & fetal heart dz
- SCL-70 ab: Diffuse scleroderma
- anti-Histone Ab: SLE & Drug-SLE
- anti-Centromere Ab: Limited scleroderma
- Phospholipids: Thrombosis & Pregnancy loss

Rahman A, Isenberg D. SLE. N Engl J Med 2008;358:929-39.

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## Renal Involvement-1

- Renal disease is common in SLE
- Up to 90% of SLE Pts have pathological evidence of renal Dz on biopsy
- Only 50% develop clinically significant nephritis
- Clinical presentation is highly variable from hematuria to rapidly progressive glomerulonephritis

Danila Ml et al. Rheumatology 2009;48:542.

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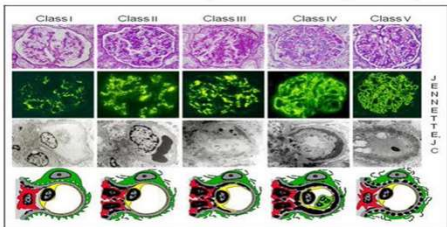
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## Lupus Nephritis

**Table 1: The 2003 International Society of Nephrology and International Pathology Society Classification of lupus nephritis**

- Class I: Minimal mesangial lupus glomerulonephritis (LGN)
- Class II: Mesangial proliferative LGN
- Class III: Focal LGN (< 50% glomeruli)
- Class IV: Diffuse LGN (≥ 50% glomeruli)
  - Class IV-S: Predominantly segmental
  - Class IV-G: Predominantly global
- Class V: Membranous LGN

Class VI: Advanced sclerotic LGN (> 90% sclerotic glomeruli)




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## Immune Laboratory Testing

### Innate Immunity

(Inflammatory Dz)

(Spondyloarthritis, PMR etc.)

- ESR: Pos
- CRP: Pos
- ANA: Negative
- RF: Negative
- Anti-CCP: Negative
- ANCA: Negative

### \*\* Adaptive Immunity

(Auto-Immune Dz)

(RA, SLE, Sjog, MCTD etc.)

- ESR: Pos/Neg
- CRP: Pos/Neg
- ANA: Pos → ENA
- RF: Pos
- Anti-CCP: Pos
- ANCA: Pos → PR3

→ MPO

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Systemic Lupus

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Discoid SLE

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SLE: Photosensitivity

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**Selected Scleroderma Spectrum Diseases**

- Mixed Connective Tissue Disease
- Limited Scleroderma
- Diffuse Scleroderma

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**Patients with Raynaud's Phenomenon.**

Wigley FM, Flavahan NA. N Engl J Med 2016;375:556-565

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**Raynauds Assoc Diseases**

- Primary Raynauds (benign)
- Systemic Lupus: Sm ab, RNP ab, dsDNA ab, etc
- Sjogrens Syndrome: SSA & SSB ab

**Scleroderma Spectrum Diseases**

- MCTD: RNP (high titer abs)
- Limited Scleroderma (CREST): Centromere ab
- Diffuse Scleroderma: SCL-70, RNA Pol-III ab

Wigley F et al. Raynauds. NEJM 2016; 375: 556-65.  
Marette X et al. Prim Sjog Synd. NEJM 2018; 378: 931-9.

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### Mixed Connective Tissue Disease

- Raynauds Phenomenon
- Overlap: SLE, Scleroderma, Polmyositis
- Scleroedema, Sclerodactaly
- Esophageal dysmotility disorders
- \*Interstitial Lung Disease: CXR, PFTs, HRCT
- \*Pulmonary Arterial Hypertension: ECHO
- Lab Order: high titer RNP abs

Ungprasert P et al. Arth Care Res. 2016; 68(12): 1843.  
Tani C et al. J Autoimmune. 2014; Feb:48-46.  
Hoffman RW et al. Clin Immunol. 2008; 129(1):8.

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### Limited Scleroderma

- Slow onset of disease
- Raynauds for years, long latency period
- Skin fibrosis limited: hands, feet, face (peripheral)
- Nailfold capillary abnormalities typical for SS
- Pulmonary hypertension (10-15%)
- Renal disease rare
- Centromere abs (50-60%)

Gabrielli A et al. NEJM 2009; 360: 1989-2003.

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### Diffuse Scleroderma

- Rapid onset of disease c aggressive damage
- Raynauds followed, within 1 year, puffy and hidebound skin
- Accelerated Nailfold capillary abnormalities
- Early and significant incidence: interstitial lung dz, diffuse GI dz, renal dz and cardiac dz
- ANA: Nuceolar, SCL-70 ab (30%) or RNA polymerase III ab.

Gabrielli A et al. NEJM 2009; 360: 1989-2003

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Clinical Findings in Patients with Scleroderma in Four Countries



Gabrielli A et al. N Engl J Med 2009;360:1989-2003

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Lesions in Different Stages of Scleroderma

Gabrielli A et al. N Engl J Med 2009;360:1989-2003

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Necrosis of the Fingers and Toes

Y Taniguchi, S Itonari. N Engl J Med 2018;379:2557-2557.

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