

Lofgren's syndrome – A Case Report

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ABSTRACT

Lofgren's syndrome is an acute form of sarcoidosis, characterized by the triad of polyarthrits, hilar adenopathy and erythema nodosum.

Here, we report a 41-year-old male who presented with polyarthralgia and reddish rash all over the body.

Skin biopsy revealed the reddish rash to be erythema nodosum.

Chest imaging showed enlarged multiple mediastinal lymph nodes.

Endoscopy fine needle aspiration of mediastinal lymph node showed noncaseating granuloma consistent with sarcoidosis.

INTRODUCTION

- 1) Lofgren's syndrome is characterized by the triad of acute polyarthrits, hilar adenopathy and erythema nodosum.
- 2) It is an acute form of sarcoidosis¹
- 3) It is a self-limiting disease with a very good prognosis¹
- 4) Non steroidal anti-inflammatory drugs (NSAIDs) and steroids along with supportive care and close monitoring, resolve the symptoms for treatment¹.

CASE HISTORY

A 41-year-old male presented with multiple joint pain and swelling of 3 weeks duration.

Ankles, knees, wrist, proximal interphalangeal and metacarpophalangeal joints were involved.

There was associated fever with reddish colored rashes all over the body.

He gives history of heaviness in the chest and weight loss.

There was no past history of tuberculosis and bronchial asthma.

EXAMINATION

- 1) Afebrile and hemodynamically stable.
- 2) Significant synovitis around both knees and ankle joints.
- 3) ESR was high (50mm/hr).
- 4) RA, ANA and ANCA serology were all negative
- 5) Serum calcium was 9.2 mg/dl.
- 6) Skin biopsy of the reddish rash was consistent with erythema nodosum.
- 7) Chest radiograph showed bilateral hilar prominence.
- 8) CT chest revealed multiple enlarged mediastinal lymphnodes in paratracheal, pretracheal, subcarinal, prevascular right and left hilar regions (Figure: 1,2).
- 9) Angiotensin converting enzyme level was within the normal range (38 IU/L).
- 10) Endoscopy fine needle aspiration of mediastinal lymphnode showed non caseating granulomas consistent with sarcoidosis (Figure: 3,4).

DIAGNOSIS

The symptoms, clinical findings, imaging and biopsy results in our patient fulfilled the triad of acute polyarthrits, hilar adenopathy and erythema nodosum.

The patient was managed with low dose steroids and NSAIDs.

DISCUSSION

- 1) Sven Lofgren first described in 1955.
- 2) Biopsy: definitive diagnosis of sarcoidosis.
- 3) Differentials: fungal infection, tuberculosis, lymphomas, and bronchogenic carcinoma.
- 4) Histopathology of the lymph nodes reveals non-caseating granulomas.
- 5) Closely related to HLA-B8 and DR3 in Caucasians²
- 6) Chest radiographic findings are seen in approximately 90 % of patients with sarcoidosis.
- 7) Our case can be categorized as stage 1, according to Stitzschach classification, based on the presence of bilateral hilar with mediastinal adenopathy, without pulmonary infiltrates.
- 8) Treatment: NSAIDs + Bed rest
- 9) Steroids can be used in serious arthritis, hypercalcaemia, and granulomatous skin lesions³

CONCLUSIONS

- 1) Lofgren's syndrome can present as fever with generalized rash and arthralgia.
- 2) Lofgren's syndrome mimics viral exanthematous fever.
- 3) Lofgren's syndrome has a very good prognosis.

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Figure 1: Axial CT



Figure 2: Coronal CT

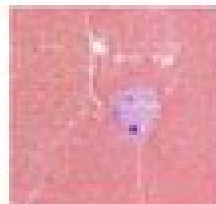


Figure 3: x 4.5 x 100

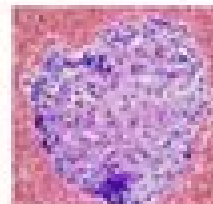


Figure 4: x 4.5 x 400

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