Spondyloarthritis Diseases

A group of individually distinctive diseases with common, unifying clinical, genetic and pathophysiological features

- Ankylosing spondylitis (ASp)
- Psoriatic arthritis (PsA)
- Reiter’s syndrome (RS) / reactive arthritis (ReA)
- Undifferentiated spondyloarthritis (USpA)
- Enteropathic arthritis (ulcerative colitis, regional enteritis)

Psoriasis, a related condition

Spondyloarthritis Diseases

Unifying features

Clinical:
Each distinguished by three main target sites of inflammation

- **Enthesitis**: fibrocartilage insertions of ligaments, tendons & fascia
- **Spondyloarthritis**: spine and sacroiliac joints
- **Synovitis**: peripheral joints

Enthesitis (enthesopathy): the central inflammatory unit of spondyloarthritis

Classic example: Calcaneal spurs at plantar fascia and Achilles tendon (Lover’s heel)

Features of inflammation:
- Infiltration of entheses by activated T cells
- Granulation tissue forms (activated macrophages and fibroblasts)
- Bone erosions and heterotopic new bone formation

Spondylitis: syndesmophytes and ankylosis

Activated T cells invade the junction of annulus fibrosis and vertebral body, triggering granulation tissue response

Annulus fibers eroded, then replaced by fibrocartilage:
- Subperiosteal new bone formation
- Fibrocartilage ossifies to form syndesmophytes

Inflammation resolves, but progressive cartilaginous and periosteal ossification forms a “bamboo spine”

Sacroilitis

- Subchondral regions of synarthrotic SI joints invaded by Activated T cells and granulation tissue
- Erosion of cartilage on iliac side
- Bone plate blurring, joint space “widening” and reactive sclerosis
- Fibrous ankylosis replaced by bone obliterating SI joint

Resolution of inflammation by heterotopic bone formation
Inflammatory back pain
Due to the initial inflammation of enthesitis, spondylitis or sacroiliitis

- Onset before age 40
- Insidious persistent (> 3 mo) dull deep buttock or low back pain
- Poorly localized, does not follow nerve root
- Stiffness/pain upon arising in the morning, or awakens from sleep
- Improves with exercise

Spondyloarthritis Diseases
Unifying features

- Genetics
  - Strong familial aggregation
    - 50-70% FHx +
  - High identical twin concordance
  - Genetically complex pattern of inheritance

Genetics
- Strong familial aggregation
- High identical twin concordance
- Genetically complex pattern of inheritance

Unifying features

- HLA-B27
  - Ankylosing spondylitis: 95%
  - Reiter’s syndrome (reactive arthritis): 60-70%
  - Psoriatic arthritis: 15-20%
  - Ethnically matched controls: 3-8%

- Other class I alleles also involved

Spondyloarthritis Diseases
Unifying features

- Pathophysiologic Mechanism
  - A clue from clinical medicine
    - Unlike other autoimmune diseases that regress during development of AIDS, most spondyloarthritis diseases worsen or develop de novo at this time
    - Implication: CD4 T cells not required for development of symptomatic disease

Pathophysiology
- Memory effector CD8 T cells lose CD28 and express natural killer receptors that bind Class I molecules and other ligands induced by stress and tissue injury

Triggers:
- Loss of self-MHC (missing self) or increased expression of ligands reflecting tissue stress or danger
- IL-15
Spondyloarthritis Disorders

CD8 T cell effector mechanisms of tissue injury

- Activated CD8 T cells injure target cell and release cytokines (γ-IFN), reprogramming gene expression of nearby cells
- CD8 T cells are CD28-negative, memory / effector cells that receive “signal 2” from NK receptor engagement by stress-induced ligands
- Macrophages activated by γ-IFN release cytokines (TNF-α)
- Fibroblasts usually have fibrogenic and osteoblastic program activated resulting in heterotopic bone formation

Spondyloarthritis Disorders

Therapy

- T cell-directed
  - Biologics, e.g. anti CD28 (abatacept)
  - Calcineurin inhibitors
- Cytokine inhibition
  - Methotrexate
  - TNF blockers
- Anti inflammatory
  - NSAIDS
- Physical medicine

Spondyloarthritis Diseases

- Ankylosing spondylitis (ASp)
- Psoriatic arthritis (PsA)
- Reiter’s syndrome (RS) / reactive arthritis (ReA)

Ankylosing spondylitis

- Widespread spondylitis and sacroiliitis
- Male: female =3-10:1
- Culminates in boney ankylosis of spine
- Onset, age 10-25 with dull pain in lumbar or gluteal regions
- Hip, shoulder knee arthritis in ~30%
- Epidemiology: >95% of those affected are HLA-B27
- Disease prevalence follows circumpolar distribution of HLA-B27
- Affects 1-3% of HLA-B27 individuals,
- No evidence for triggering by microorganisms

Ankylosing spondylitis - Course

- Begins with sacroilitis
- Inflammatory back pain and tenderness worsens and over several months to years ascends, with increasing stiffness and loss of mobility
- Postural changes: loss of lumbar lordosis, buttock atrophy and kyphosis; chest expansion compromised
- Peripheral joints, notably hips develop flexion contractures or ankylosis; compensatory knee flexion
- Peripheral arthritis (~30%) and peripheral enthesopathy (~30%) dominate the early phase of disease, then bony ankylosis predominates

Ankylosing spondylitis - Systemic involvement

- Acute anterior uveitis (25%) may occur at any time; (syncheae and glaucoma)
- Apical pulmonary fibrosis, often with cavitation (<5%)
- Restrictive pulmonary disease due to costovertebral ankylosis (~ 10%)
- Granulomatous aortitis: complete heart block due to interventricular septum inflammation and /or aortic insufficiency (~5%)
Ankylosing spondylitis—different types of HLA-B27

HLA-B27 alleles differ from one another in polymorphic amino acids, in ethnic distribution and, importantly, whether they determine disease susceptibility

<table>
<thead>
<tr>
<th>Allele</th>
<th>Features</th>
<th>Anch.Spon</th>
</tr>
</thead>
<tbody>
<tr>
<td>B*2701</td>
<td>Rare</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2702</td>
<td>10% of AS in Europe and Middle East</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2703</td>
<td>Rare West African allele</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2704</td>
<td>Major HLA-B27 allele in China and India</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2705</td>
<td>90% of AS, Circumpolar Caucasians &amp; Asians</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2706</td>
<td>SE Asia</td>
<td>No</td>
</tr>
<tr>
<td>B*2707</td>
<td>Minor allele in SE Asia, China and India</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2708</td>
<td>Rare, UK and Azores</td>
<td>Yes</td>
</tr>
<tr>
<td>B*2709</td>
<td>Sardinia</td>
<td>No</td>
</tr>
</tbody>
</table>

A self-peptide likely drives ankylosing spondylitis

HLA-B27 alleles share the same P2 “B” pocket, but differ from one another in the “F” P9 pocket

Current theories of why HLA-B27 predisposes to Ankylosing Spondylitis

Peptide binding properties of HLA-B27

Distinctive chemical state of HLA-B27 molecules

- Transgenic rats expressing >100 copies of HLA-B27 develop a disease with some features of ankylosing spondylitis
- HLA-B27 misfolds and elicit an altered protein stress response in endoplasmic reticulum

Psoriasis / Psoriatic Arthritis

Psoriasis: skin disease with retardation in keratinocyte differentiation induced by activated T cells
Perhaps keratinocyte peptides are presented by class I molecules?

Psoriatic arthritis: spondiloarthritis and psoriasis

Psoriasis
Onset age 15-30 yrs
Prevalence ~3%
10-20% 0-20+ years between Ps & PsA

Psoriatic arthritis

Clinical Diagnostic Features of Psoriatic Arthritis

Characteristic features:
- Psoriasis present or documented
- Enthesitis
- Ankylosed joints, e.g. hallux rigidus
- Juxta-articular new bone formation
- Sacroilitis and/or spondyloarthritis
- DIP joint arthritis
- Onychodystrophy
- Dactylitis

Exclusions:
- Fibromyalgia, RF positive rheumatoid arthritis
- Intercurrent arthritis, e.g. Lyme disease
- Repetitive motion-induced musculoskeletal syndromes
### Psoriatic arthritis - features

- **Presentation:** with obvious, subtle or no psoriasis, sometimes only isolated nail disease
- **Onset typically insidious with stiffness; sometimes acute mimicking gout; can follow joint injury**
- **Sex:** Male ≠ female
- **Early onset (<40 yrs) psoriatic arthritis has strong family history**

### Psoriatic arthritis

**Enthesitis**

- Sometimes subtle and easy to overlook
- Nonspecific foot pain, “tennis elbow” in the non dominant hand, or isolated posterior tibial tendinitis
- Widespread and symmetric, distribution differentiates from posttraumatic or occupational tendon injury
- Can be fulminant and combined with intense tenosynovitis

### Psoriatic arthritis-peripheral joint patterns

- **Asymmetric oligoarthritis of small and medium-sized joints**
  - Classic, with time more joints accumulate
- **DIP arthritis joints, also involves nails**
  - Classic and unique to psoriatic arthritis, but only ~5-10%
  - Associated paronychia and swelling of the digital tuft may make appreciation of arthritis difficult; DDx Heberden’s nodes
- **Arthritis mutilans**
  - Osteolytic dissolution of joint with redundant overlying skin and telescoping digits (opera-glass hand)
  - Typical but uncommon; males and early-onset disease

### Progression of DIP arthritis

- Narrowed joint space & condylar erosions
- Reactive sub periosteal new bone
- Pencil in cup appearance

### Psoriatic arthritis-peripheral synovitis patterns

- **Symmetric polyarthritis**
  - Most common pattern at onset, but is least specific for PsA
  - Hands, wrists, ankles, and feet
  - Differentiated from RA by enthesopathy and dactylitis, DIP joint involvement, relative asymmetry, new bone formation, pencil in cup deformity, absence of subcutaneous nodules, and negative RF

Important to distinguish RA from PsA because steroids contraindicated
Psoriatic Arthritis-Nail Involvement

- ~80-85% PsA, vs. 20-30% in Ps
- Nail matrix abnormalities
  - Pitting
  - Onychodystrophy, crumbling
  - Transverse ridging (Beau's lines)
  - Subungual hyperkeratosis
  - Leukonychia
  - Onycholysis
  - Ectatic capillaries
- Acral dystrophy
  - Nail matrix abnormalities
  - Acrokeratosis
  - Often seen in digit involved with DIP arthritis

Psoriatic arthritis genetics

Genetic Heterogeneity in MHC associations

1. Psoriasis susceptibility HLA-alleles containing: HLA-Cw*0602
   (Psor1) Account for ~30% of PsA cases (and 70% psoriasis cases)

   HLA-Cw*0602
   HLA-B*57

   Mode: mixed multifactorial pattern, partially dominant, incompletely penetrant

Psoriatic arthritis genetics

Genetic Heterogeneity in MHC associations

2. Second group of HLA-B alleles, e.g. HLA-B27 and HLA-B39
   Account for ~30% of psoriatic arthritis (not as strongly associated with psoriasis)

   HLA-B27
   HLA-B39

   HLA-B39 molecules very similar to HLA-B27 in peptide binding
   No common HLA-C alleles

Psoriatic arthritis genetics

Genetic Heterogeneity in MHC associations

Imply susceptibility governed by different interactions with genes outside MHC
  e.g. genes encoding NK receptors expressed on memory-effector CD8 T cells (KIR system)

Imply different pathophysiological mechanisms and the possibility of clinical differences
  These are now being identified

Specific Spondyloarthritis Diseases

Reiter’s syndrome / Reactive arthritis

Directly triggered by specific pathogenic microorganisms in genetically susceptible persons
  (HLA-B27)

First example of a MHC allele controlling an immune response in humans (1974 Brewerton)
Reiter’s syndrome / Reactive arthritis

“On August 21, 1916 a lieutenant in the Prussian army developed abdominal pain and diarrhea. This episode lasted 48 hours and was followed by a latent period of 7 days at which time urethritis and conjunctivitis occurred.

“The following day he developed polyarthralgias and arthritis of the knees, ankles, elbows, wrists and several interphalangeal joints.

“Within a few days the symptoms remitted and the patient remained well for 3 weeks.

“A relapse followed with a recurrence of urethritis and uveitis”

H. Reiter (Andre Calin)

Triad of Reiter’s syndrome

Reiter’s syndrome-clinical features I

• Onset 7-30 days after specific enteric or venereal infection
• Course- Initial episode completely regresses, occasionally returns as increasingly intense recrudescences becoming chronic
• Peripheral arthritis: acute, highly inflammatory asymmetric arthritis involving knees, ankles, toes, and fingers (2-4 joints)
  - All joints synchronous in abrupt fulminant onset
• Enthesitis - notably plantar fascia and Achilles tendon (40%)
• Dactylitis (Sausage digit) (40%)
• Sacroiliitis, stuttering spondyloarthritis

Reiter’s syndrome - Clinical features II

• Onychodystrophy: subungual hyper- and parakeratosis
• Conjunctivitis (often first manifestation). Uveitis in recurrent disease
• Non specific urethritis
• Heart - 10% of chronic phase 1° heart block from IV septum inflammation;
  • Aortic valve insufficiency due to granulomatous aortitis at aortic ring, rarely aortic dissection

Reiter’s syndrome - role of specific infection

Develops 7-30 days after enteric infection with certain Gram neg. rods

• Salmonella typhimurium, and occasionally S. paratyphi or S. heidelbergii
• Shigella flexneri 2a and 2b, but not S. sonnei
• Yersina enterocoliticas
• Campylobacter jejuni or C. fetus

These organisms typically invade and kill intestinal M cells, perhaps arthritogenic peptides cross-presented in class I MHC

Develops 7-30 days after venereal infection with

• Chlamydia trachomatis or C. psittaci
  Obligate intracellular eubacteria

Psoriasis / Reiter’s syndrome in the setting of AIDS

Provided major clue pointing to importance of CD8 T cells in pathogenesis

Major source of disability in otherwise relatively well HIV+ patients in developing countries where HIV therapy is inadequate
Psoriasis / Reiter’s syndrome in the setting of AIDS
- Keratoderma blennorrhagicum - pustular psoriasis-like lesions of palms and soles
- Psoriasis-like lesions (T cell infiltration, keratinocytes HLA-DR+ with delayed differentiation, parakeratosis, sterile microabscesses

Progression to psoriasis pattern of skin disease in AIDS