

MEDICAL BREAKTHROUGHS

RESEARCH SUMMARY

TOPIC: RELIEVE BACK PAIN WITH "NADIA"
REPORT: **MB #4926**

BACKGROUND OF SACROILIITIS: Sacroiliitis is an inflammation of one or both of your sacroiliac joints that are situated where your lower spine and pelvis connect. Sacroiliitis can cause pain in your buttocks or lower back and can extend down one or both legs. Prolonged standing or stair climbing can worsen the pain. Sacroiliitis can be difficult to diagnose, because it can be mistaken for other causes of low back pain. It's been linked to a group of diseases that cause inflammatory arthritis of the spine. Treatment might involve physical therapy and medications.

(Source: <https://www.mayoclinic.org/diseases-conditions/sacroiliitis/symptoms-causes/syc-20350747>)

DIAGNOSING SACROILIITIS: Axial spondylarthritis or psoriatic arthritis can cause inflammation in the sacroiliac joints, as well as the vertebrae in your spine, which leads to pain and stiffness in your lower back and hips. Osteoarthritis, which occurs when the cartilage that cushions and protects the ends of your bones gradually deteriorates, may affect the SI joint's cartilage and cause pain. Other conditions that lead to sacroiliac pain include trauma, pregnancy, abnormal walking pattern, spine surgeries, and in rare cases infections. For some, sacroiliac joint pain could be dull and achy while for others it can be sharp and stabbing. You're most likely to feel SI joint pain in your lower back and buttocks, but it can move out to your hips and down to your thighs, groin, and even your feet. A person experiencing sacroiliac joint pain may also experience lower back pain, pain with prolonged standing, pain that worsens with walking or running, pain that worsens with certain movements, such as getting up from a chair, climbing stairs, or turning in bed, or muscle tightness and tenderness in your hips or buttocks. (Source: <https://creakyjoints.org/education/sacroiliac-joint-pain/>)

NEW STUDY FOR SACROILIITIS IN FMF PATIENTS: Familial Mediterranean fever, FMF, is an autoinflammatory disease characterized by recurrent episodes of fever and serositis. Sacroiliitis can be observed in some FMF patients. A new study aimed to compare the demographic, clinical, and laboratory findings, and treatment in children with FMF and sacroiliitis, and children with juvenile spondyloarthritis. A small sample of pediatric FMF were evaluated. 63 of those monitored were FMF patients with sacroiliitis. Patients were diagnosed with sacroiliitis an average of 12 months after the diagnosis of FMF. Among the FMF patients, 28 had enthesitis, 23 had heel pain, and 11 had low back pain. The results from the study showed that sacroiliitis is a common co-morbidity in FMF patients. (Source: <https://advancesinrheumatology.biomedcentral.com/articles/10.1186/s42358-021-00188-2>)

FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:

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If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at mthomas@ivanhoe.com