

## Dedos Telescópicos na Artrite Psoriática

### *Telescopic Fingers in Psoriatic Arthritis*

Cristiana Fernandes (<https://orcid.org/0000-0002-7285-6428>), Marinha Silva, Joana Braga, Ana Sofia Barroso

**Palavras-chave:** Articulações dos Dedos/diagnóstico por imagem; Artrite Psoriática/diagnóstico; Deformidades da Mão/diagnóstico por imagem.

**Keywords:** Arthritis, Psoriatic/diagnosis; Finger Joint/diagnostic imaging; Hand Deformities/diagnostic imaging.

### Introduction

Psoriatic arthritis (PsA) is a chronic inflammatory disease, characterized by a wide spectrum of clinical manifestations that can vary over time.<sup>1</sup> PsA is associated with psoriasis in up to 42% of cases, and up to 15% of patients with psoriasis have undiagnosed PsA. Diagnosis is based on a family or personal history of psoriasis, genetic markers, presence of dactylitis, enthesitis, and pattern of joint occurrence. Wright

and Moll's work classify PsA into polyarticular, asymmetric oligoarticular, distal interphalangeal joint, spondylitis and mutilating arthritis. The most common presentation is an overlap between various forms of PsA.<sup>2</sup> Mutilating arthritis is a rare, aggressive, and an advanced clinical form, in which osteolysis and destructive changes in joints lead to irreversible deformities and loss of function of the fingers.<sup>3</sup>

### Case Report

A 84-years-old woman, with a history of 50 years of evolution of PsA with refusal of medical follow-up and treatment, was admitted in the emergency room prostrated. On examination she had a cachectic appearance, psoriatic skin lesions, nail changes, axial ankylosis and hands with "telescopic fingers" (Fig. 1). The radiography of the hands (Fig. 2) revealed "pencil-in-cup" deformities, involvement of distal



**Figure 1:** Picture of patient's hands showing psoriatic skin lesions with involvement of nails and "telescopic fingers", which refers to when the bones dissolve and the soft tissues can not hold the fingers up allowing a telescopic-like movement.

Serviço de Medicina Interna, Hospital Santa Maria Maior, Barcelos, Portugal.

<https://doi.org/10.24950/rspmi.2022.01.311>



**Figure 2:** Radiography of the hands showing absence of bilateral carpal bones, with cubit and radius continuous to the metacarpophalangeal joints, a separation of the base of the phalanges with narrowing of the metacarpal tips (“pencil-in-cup” deformities), with involvement of the distal interphalangeal joints and significant resorption of the bone, with dissolution of the joints and fusion of fingers.

interphalangeal bones, resorption of the bone with dissolution of the joints and fusion of fingers.

## Discussion

PsA is a disease of destructive and progressive nature, that can have significant impact on people’s quality of life.<sup>4</sup> Mutilating arthritis is the most severe and destructive form of PsA, and its incidence range from 3.7% to 6.7%. The specific characteristics of mutilating arthritis are well documented and include telescope finger, digital shortening, deformities “pencil-in-cup”, osteolysis, involvement of the distal interphalangeal joints and other small joints of the hands.<sup>5</sup> Early recognition and treatment of this pathology allow a better prognosis of the disease. Nowadays severe deformities, as the ones present in this case, are extremely rare.<sup>4,6</sup> ■

### Declaração de Contribuição / Contributorship Statement:

C. Fernandes, M. Silva, J. Braga, A. S. Barroso - Elaboração e Revisão do artigo

### Responsabilidades Éticas

Conflitos de Interesse: Os autores declaram a inexistência de conflitos de interesse na realização do presente trabalho.

Fontes de Financiamento: Não existiram fontes externas de financiamento para a realização deste artigo.

Confidencialidade dos Dados: Os autores declaram ter seguido os protocolos da sua instituição acerca da publicação dos dados de doentes

Consentimento: Consentimento do doente para publicação obtido.

Proveniência e Revisão por Pares: Não comissionado; revisão externa por pares.

### Ethical Disclosures

Conflicts of interest: The authors have no conflicts of interest to declare.

Financing Support: This work has not received any contribution, grant or scholarship

Confidentiality of Data: The authors declare that they have followed the protocols of their work center on the publication of data from patients.

Patient Consent: Consent for publication was obtained.

Provenance and Peer Review: Not commissioned; externally peer reviewed.

© Autor (es) (ou seu (s) empregador (es)) e Revista SPMI 2022. Reutilização permitida de acordo com CC BY-NC. Nenhuma reutilização comercial. © Author(s) (or their employer(s)) and SPMI Journal 2022. Re-use permitted under CC BY-NC. No commercial re-use.

### Correspondence / Correspondência:

Cristiana Fernandes – cristianarprfernandes@hotmail.com

Serviço de Medicina Interna, Hospital Santa Maria Maior, Barcelos, Portugal.

Campo da República 59, 4750-333, Barcelos

Received / Recebido: 22/10/2021

Accepted / Aceite: 29/11/2021

Publicado / Published: 22 de março de 2022

### REFERENCES

1. Calabresi E, Monti S, Terenzi R, Zanframundo G, Perniola S, Carli L. One year in review 2019: psoriatic arthritis. *Clin Exp Rheumatol*. 2020;38:1046-55.
2. Alejandra-Lopez R, KarlaMacias G, Marcela-Cerda E. Clinical case report: Unusual and severe psoriatic arthritis mutilans. *Int J Clin Rheumatol*. 2018;13: 384-7.
3. Moll JM, Wright V. Psoriatic arthritis. *Semin Arthritis Rheum*. 1973;3:55-78.
4. Coates LC, Helliwell PS. Psoriatic arthritis: state of the art review. *Clin Med*. 2017;17: 65-70.
5. Tiwari V, Brant LH. Psoriatic arthritis. *StatPearls [Internet]*. Treasure Island: StatPearls Publishing ; 2021 [accessed Jan 2021]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK547710/>
6. Ferreira MB, Sá N, Rocha SM, Marinho A. Opera glass hands: the phenotype of arthritis mutilans. *BMJ Case Rep*. 2013;2013:bcr2013200035. doi: 10.1136/bcr-2013-200035.