

Descriptive Summary on Pseudogout

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DESCRIPTION

Pseudogout, also known as Calcium Pyrophosphate Dihydrate Crystal Deposition disease (CPPD), is an arthritic condition characterised by joint pain, stiffness, discomfort, redness, warmth, and swelling (inflammation). It normally affects one joint at a time, but it can sometimes affect many joints at the same time. The knee or wrists are frequently affected by CPPD. Hips, shoulders, elbows, knuckles, toes, and ankles are less commonly affected. It seldom affects the neck, causing neck, shoulder, and headache problems, as well as fevers in certain cases. When calcium crystals form around the densest region of the second cervical vertebra, this happens. Pseudogout is a disorder that is similar to gout. Gout, on the other hand, usually affects the big toe joint. Larger joints are commonly affected by pseudogout.

Causes and symptoms

The presence of Calcium Pyrophosphate Dihydrate Crystal Deposition disease (CPPD) within the afflicted joint has been associated to pseudogout. As people get older, these crystals become increasingly common, with approximately half of the population over 85 years old having them. However, the vast majority of people with these crystal deposits never develop pseudogout. Some underlying conditions, such as joint injury, hyperparathyroidism, hypomagnesemia, hypophosphatasia, hypothyroidism, and hemochromatosis, are related with CPPD crystals. It's possible that aberrant CPPD crystal formation is inherited. In large joints, pseudogout produces discomfort, swelling, stiffness, and warmth. Knees are the most usually affected, however elbows, ankles, wrists, shoulders, and hands can also be affected. Attacks of pseudogout can happen suddenly, and the symptoms might linger for days or weeks. Between outbreaks, some patients with pseudogout have no symptoms. Pseudogout can also cause persistent pain and discomfort in certain people. This chronic (long-term) pseudogout may resemble osteoarthritis or rheumatoid arthritis in appearance.

Diagnosis

If a doctor suspects that a person having pseudogout, the following tests may be recommended:

- X-rays of the joints to check for any joint injury, calcification (calcium increase) of the cartilage, and calcium deposits in the joint cavities
- MRI or CT scans to look for areas of calcium increase
- Ultrasonography to look for areas of calcium increase
- Blood tests can detect abnormalities with your thyroid and parathyroid glands, as well as a number of mineral imbalances connected to pseudogout

Risk factors

As a person gets older, he or she may be more susceptible to pseudogout (especially older than 70 years of age). A person's risk may also be increased if he or she has:

- A family history of pseudogout
- Excess iron in the blood (called hemochromatosis)
- Magnesium deficiency
- Hyperactive parathyroid gland (called hyperparathyroidism)
- Excess calcium in the blood (called hypercalcemia)
- Osteoarthritis

Treatment and medications

While pseudogout has no cure, a combination of treatments can assist to reduce pain and restore joint function. If over-the-counter pain medicines aren't working, your doctor may recommend the following:

- NSAIDs, especially in elderly persons, might induce gastrointestinal bleeding and impaired kidney function.
- Pseudogout can be treated with low-dose pills of this gout medication. If you experience frequent pseudogout attacks, your doctor may advise you to take colchicine every day as a preventative step.
- If you are unable to take NSAIDs or colchicine, your doctor may prescribe corticosteroid tablets, such as prednisone, to reduce inflammation and stop the attack.

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