

42 Year Old Female African American Chief complaint: worsening joint pain Dr. Christopher Collins, Washington DC



A 42 year-old African American woman was referred to Dr. Christopher Collins for evaluation of possible connective tissue disease. The patient reported gradual worsening of joint pain over the past two years, especially in her hands, knees, and lower back. These symptoms were also accompanied by vague myalgias and symptoms of Raynaud's. Her primary care physician had ordered an ANA test, which was positive at 1:80. She was started on 20 mg of prednisone and referred for suspicion of SLE. After 3 weeks of prednisone, only minimal improvements were noted.

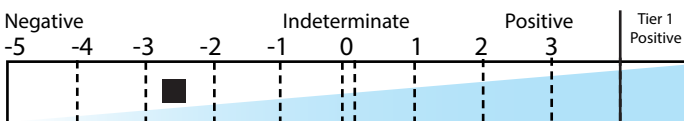
A review of systems showed:

- Some weight gain over the past few years
- Non-restorative sleep

Upon clinical examination, the patient showed signs of diffuse muscle tenderness, and suspicion grew towards primary fibromyalgia, however, there was a need to rule out possible CTD.

In order to efficiently assess the patient for an underlying autoimmune disease, Dr. Collins ordered the AVISE CTD test.

AVISE CTD Results: Negative - Index: -2.7



Key Assays	Results	Reference Range
ANA by IFA	1:80	Negative <1:80 Positive ≥1:80
ANA by ELISA	23	<20 Negative 20-59 Positive ≥60 Strong Positive
CB-CAPs - EC4d	1 Net MF	<15-Negative 15-75 Positive >75 Strong Positive
CB-CAPs - BC4d	5 Net MFI	<61-Negative 61-200 Positive >200 Strong Positive



Other assays of interest:

- ENA, APS, RA & Thyroid panel - Negative

Based on clinical assessment, the lack of positive CTD associated analytes, a negative AVISE index result, the lack of response to prednisone and positive ANA, the patient was diagnosed with primary fibromyalgia.

Dr. Collins tapered the patient off prednisone and recommended a trial of physical therapy and OTC pain medications.

The patient was able to successfully come off of the prednisone and participate in physical therapy. She reported that overall the discomfort was the same, but more manageable.

“The AVISE CTD test was able to help me determine that my patient likely did not have a CTD, but instead had primary fibromyalgia. Additionally, I was able to help my patient avoid prolonged exposure to unnecessary and potentially damaging medications like prednisone.”

- Dr. Christopher Collins