University of Santo Tomas (UST)
Internal Medicine - Rheumatology

The Curious Case of Jane and John Weak: Approach to Patients with Muscle Weakness

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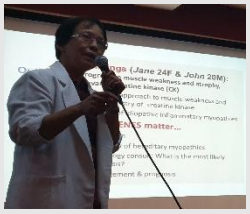
University of Santo Tomas, Manila – The University of Santo Tomas Hospital (USTH) Section of Rheumatology hosted the Philippine Rheumatology Association 4th Interhospital Case Presentation last Saturday 29 June 2019 at the Angelo King Auditorium UST Hospital with the topic "The curious case of Jane and John Weak: Approach to patients presenting with muscle weakness". The event was spearheaded by the USTH-Rheumatology chief **Dr. Sandra V. Navarra MD**, facilitated by Dr. Leonid Zamora MD and presented by Rheumatology fellows Gerald Natanauan, Daniel Ryan Castillo and Martin Carbonel. The participants included mainly Rheumatology fellows (59%) and Rheumatology consultants (16%), joined by Internal Medicine consultants and trainees (20%), and Neurology consultant and trainee (5%). This learning exercise aimed to present to students, internists and rheumatologists clinical cases which are commonly seen in clinical practice, then moving to idiopathic inflammatory myopathies referred to Rheumatology clinics, finally focusing to the less common important hereditary muscle diseases seen in consultation with Neurology.

The symposia started with a universal prayer followed by the Philippine National Anthem. The welcome remarks were briefly rendered by Philippine Rheumatology Association president Dr. Julie Li-Yu MD. Thereafter the clinical case presentation started with the case of a female patient presenting as difficulty in standing up from sitting and walking up the stairs with significantly elevated creatine kinase on work-up. This was followed by an extensive discussion in the general approach/algorithm for patients presenting with muscle weakness which could be misdiagnosed as polymyositis. Its workup and a thorough review on the biochemistry of creatine kinase as well as the expected immunohistologic findings was then elaborated. The presentation then moved on to the presentation of the index patient's brother with similar history, physical exam and workup – strongly connoting a hereditary pathogenesis, as outlined in a detailed genogram showing autosomal recessive traits in their family. The active participation of Neurology resident Joanna May Quilacio, MD, and the lively and interesting discussion of neuromuscular expert and chairman of UST Department of Neurology Dr. Raymond L. Rosales MD, PhD served to further enlighten the audience with the neurologic perspective in handling cases of proximal muscle weakness zeroing in on Limb Girdle Disease, specifically the rare form of *Miyoshi* type Muscular Dystrophy.

Miyoshi type muscular dystrophy is an autosomal recessive disorder commonly presenting as distal myopathy with calf atrophy and sparing of the extensor digitorum brevis muscle. Although commonly misdiagnosed as polymyositis, a striking feature of this condition is that it doesn't respond to steroid treatment. Thus, rehabilitative management should be maximized for patients afflicted by the condition.



The case summary and closing remarks was then delivered by the UST Rheumatology chief Dr. Sandra V. Navarra MD.

Overall, the conference provided highly educational content and became a venue for reinforcement of knowledge on the overall approach and management of muscle weakness, broadening the rheumatologist's perspective in handling patients with muscle weakness to include hereditary myopathies.

Majority of the participants rated the event "excellent" on educational content, registration and with very good venue, food, and technical support. They also gave positive feedback that the event was very interactive and informative and the slides were nicely presented with high yield topic; also commended good job for the faculty and staff and suggested more such interactive sessions in the future.