

Connective Tissue Disorders



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Systemic Lupus Erythematosus

Sjogrens Syndrome

Recognition

Investigation

Onwards referral

Systemic Lupus Erythematosus



Multiple joint pains

Myalgia

Fatigue

Up to 200/100,000 in UK
have SLE

10:1 Female:Male

Twice as likely in African American women compared to Caucasian women

Peak onset age 15-44

Systemic Lupus Erythematosus



Rashes

Multiple miscarriages

Fatigue

Hair loss

ANA +ve 95% (5-20% of pop.)



Systemic Lupus Erythematosus



Mild Lupus – NSAIDs, Hydroxychloroquine

Mod Lupus – Methotrexate, Azathioprine, Prednisolone

Severe Lupus – Prednisolone, biologics

Sjogrens Syndrome

Multiple joint pains

Myalgia

Fatigue

9:1 Female:Male

Peak onset age 50-60

Dry Eyes (Schirmer test)

Dry Mouth (water+++)

Vaginal Dryness (painful sex, sores)



Sjogrens Syndrome



Management much the same as lupus

Ocular dryness

Saliva

Topical oestrogen or vaginal lubricants

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