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ANSWER: DACTYLITIS (SAUSAGE DIGIT) IN PSORIATIC ARTHRITIS (PSA)

The patient was referred to and investigated by the Rheumatologist. Inflammatory markers and most of the serological tests were negative except Anti-nuclear Antibodies (ANA). A diagnosis of PsA was made and she was started on Methotrexate and folic acid. She was also referred to the Dermatologists for the management of scalp lesion characterized by red scaly thickened patches (plaques) (Figure 2).

Dactylitis is a hallmark of PsA, resulting from inflammation of the joints, tendons and soft tissue. It presents as 'sausage digit' and is seen on upto 49% of PsA patients.¹ It may also be seen in gout, tuberculosis, sickle cell disease, sarcoidosis and flexor sheath infection.²

In the acute form, dactylitis can present as warm, tender, erythematous digit while in the chronic form it may be asymptomatic with a swollen digit. It is often the presenting feature of PsA and is associated with erosive form of disease.²

Radiograph is normal in the stage of dactylitis. Imaging studies like ultrasound and MRI can reveal the involvement of parts like tenosynovitis, enthesitis, synovitis, osteitis and soft tissue swelling.²

Various treatments proposed for dactylitis include nonsteroidal anti-inflammatories, local corticosteroid injections, conventional disease modifying agents as well as biologics.^{1,3}



Figure 2: Red rash with dry red scaly thickened patches (plaques) on the posterior scaop at the hair line. (Click to enlarge).

CONFLICT OF INTEREST

The author(s) declared no conflict of interest in this work.

CONSENT

Consent has been obtained from patient and hospital authority to publish this article.

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