

# Beyond an Inflamed Ear

## Para Além de uma Orelha Inflamada



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Acta Med Port 2014 Nov-Dec;27(6):790-790

**Keywords:** Ear Diseases; Ear, External; Polychondritis, Relapsing.

**Palavras-chave:** Doenças do Ouvido; Ouvido Externo; Policondrite Recidivante.



Figure 1 - Right ear inflammation and damage of a patient with the diagnosis of Relapsing Polychondritis

We present a case of a 48 years-old black man who was referred to our Rheumatology outpatient clinic with a 2 years history of recurrent pain, swelling and redness of his right ear (unresponsive to several courses of antibiotics) and an isolated episode of left ear inflammation, with spontaneous resolution, in the previous year.

He had a background history of systemic hypertension, sinusitis and a recently diagnosed episode of right punctate keratitis. He denied fever, joint pain, dysphonia or shortness of breath. His serum inflammatory markers were

persistently elevated and his blood cultures were negative. The diagnosis of Relapsing Polychondritis was made.<sup>1</sup>

The patient was started on prednisolone 1mg/kg/day and his clinical condition showed rapid and significant improvement. The prednisone was slowly tapered and methotrexate was successfully added as a steroid sparing agent.<sup>1,2</sup>

This case highlights the importance of considering systemic and rare causes for an inflamed ear.<sup>3</sup>

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Recebido: 15 de Janeiro de 2014 - Aceite: 18 de Março de 2014 | Copyright © Ordem dos Médicos 2014



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Publicado pela **Acta Médica Portuguesa**, a Revista Científica da Ordem dos Médicos

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ISSN:0870-399X | e-ISSN: 1646-0758



ACTA MÉDICA  
PORTUGUESA

