

IRA Refresher course Forenoon session

1. The concept of steroid stewardship is vital to minimize adverse events associated with their use.
2. Danza et al. demonstrated that induction with methylprednisolone at 1500 mg yields effects comparable to doses exceeding 1500 mg in AIRD.
3. Anti-FcRn antibodies are a novel therapeutic strategy targeting this receptor which prevent the recycling of IgG, leading to its accelerated degradation and a reduction in circulating autoantibody levels.
4. Anti FcRn antibodies like Efgartigimod and Nipocalimab etc. have been approved for clinical use and in trials for certain autoimmune disease like Myasthenia Gravis, Immune Thrombocytopenia (ITP), Sjögren's Syndrome.
5. Ga-68 FAPI, a novel tracer, is emerging as a promising alternative to the widely used 18-FDG tracer.
6. PET CT aids in diagnosing complex conditions by detecting inflammation and metabolic activity and plays a pivotal role in monitoring therapeutic response.
7. Up to 10% of GCA cases may present with normal levels. Among these, CRP is generally more reliable than ESR
8. USG doppler has an emerging role in the diagnosis of GCA
9. The GUSTO study highlighted the steroid-sparing benefits of tocilizumab, while the JAKi study reported encouraging results with upadacitinib as a potential treatment option in GCA

10. Primary Angiitis of the Central Nervous System (PACNS) diagnosis often relies on a brain biopsy, where a targeted approach is preferred over sampling from the non-dominant lobe to maximize diagnostic yield
11. While 2D echocardiography has limited diagnostic value in cardiac sarcoidosis, advanced imaging modalities such as cardiac MRI, 18-FDG PET scan, and PET-MRI offer significantly higher diagnostic accuracy.
12. Endomyocardial biopsy, although a definitive diagnostic tool, has a low yield due to the patchy distribution of cardiac involvement in sarcoidosis.
13. Hyposalivation increases the risk of Candida infections, with erythematous, atrophic, and subclinical candidiasis being more common than oral thrush, particularly in xerostomia or Sjögren's syndrome.
14. In moderate to severe xerostomia, topical fluoride application helps prevent dental caries, promote remineralization, and inhibit gingival bacterial growth.
15. Digital technology offers numerous benefits and poses certain challenges in healthcare.

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