

Rhupus – a combination of systemic lupus erythematosus and rheumatoid arthritis as a separate disease phenotype (a clinical case)

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Rhupus is a rare combination of systemic lupus erythematosus (SLE) and rheumatoid arthritis, one of the characteristic features of which is the development of erosive polyarthritis on the background of the main immunological signs of SLE.

The article presents a clinical observation in which, along with the typical immunological picture of SLE, the patient was diagnosed with erosive polyarthritis with "swan neck" type deformities of the hand joints, which required administration of anti-B-cell therapy.

Keywords: rhupus; systemic lupus erythematosus; rheumatoid arthritis; rituximab.

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A combination of several autoimmune diseases in one patient is a frequent phenomenon that requires a special approach to treatment taking into account the prognosis and therapeutic strategy [1–4].

In 1936, Friedberg et al. [5] for the first time noted that patients with systemic lupus erythematosus (SLE) may develop polyarthritis involving small and large joints, similar to that of rheumatoid arthritis (RA). In 1950, G.W. Daugherty and A.H. Baggenstoss [6] proposed to consider arthritis as a diagnostic sign of SLE. However, over time, patients with SLE did not experience erosive changes in the joints, and subluxations were usually caused by tendinitis and tenosynovitis. At the same time, arthritis associated with SLE was regarded as a form of "malignant" RA or as a "pseudo-rheumatoid" form of SLE [7]. In 1960, Toone et al. [8] reported coexistence of SLE and RA in 15 patients. In 1971, P.H. Schur first used the term "rhupus" to describe a syndrome in which SLE and RA are combined in one patient, RA being the most common diagnosis in such cases [7, 8].

The prevalence of rhupus varies from 0.01% to 9.7%, the average age of onset of the disease is about 40 years [9–12]. Every year the number of descriptions of rhupus is growing, but the criteria for its diagnosis are still not defined. Several combinations of clinical, immunological, and radiological signs are presented in the literature to confirm the diagnosis of rhupus. Most often, this syndrome can be suspected if a patient simultaneously meets the criteria for the diagnosis of SLE SLICC (Systemic Lupus International Collaborating Clinics) 2012 or ACR (American College of Rheumatology) 1997 and the criteria of RA ACR/EULAR (European Alliance of Associations for Rheumatology) 2010 [9, 10]. However, some authors consider the presence of joint erosions [13], rheumatoid factor (RF), antibodies to cyclic citrulline peptide (ACCP) [13, 14], antinuclear antibodies (ANA), antibodies to double-stranded DNA (anti-dsDNA) or to the extracted Smith nuclear antigen (anti-Sm) [13] as mandatory for diagnosis of rhupus, which raises many debatable issues (Table 1).

We present a case report of combination of SLE with RA.

Patient P., a 34-year-old woman, was admitted to V.A. Nasonova Research Institute of Rheumatology (V.A. Nasonova Research Institute) in January 2021 with complaints of general weakness, increased hair loss, erythematous rashes on the face, an increase in the body temperature in the evening to 37 °C, pain in the lumbar spine, small joints of the feet and right hand, knee joints, left hip joint, morning stiffness for 3 hours, discoloration of the skin of the fingers in cold weather.

It is known from her medical history that in childhood she was observed by a dermatologist due to rashes on the scalp, and the diagnosis of psoriasis was discussed. In 2011, she first noticed impairment of extension in the right elbow joint, then whiteness and blueness of the skin of the fingers in the cold weather. Local therapy with nonsteroidal anti-inflammatory drugs (NSAIDs) and group B vitamins was carried out at the place of residence, but with little effect. In 2013, a non-developing pregnancy was diagnosed (at 10 weeks), after which the patient developed polyarthritis with the damage to small joints of the hands and wrists. The local rheumatologist diagnosed RA and administered intramuscular methotrexate (MT) 10 mg / week. Against the background of the therapy, there was an increase in the body temperature up to 40 °C, itching of the skin, which was regarded as an adverse reaction, and the drug was canceled. Therapy with prednisone 10 mg/day and NSAIDs per os was started for the first time. In 2016, thrombocytopenia was detected (up to $5 \cdot 10^9/L$), and the patient was hospitalized to a hematology hospital at the place of residence. Examination in November 2016 showed: CRP – 20.95 mg/L; screening for IgG-, IgM-antibodies to cardiolipin (aCL), IgG-, IgM-antibodies to β_2 -glycoprotein 1 (a β_2 -GPI) gave a negative result; Hb – 98 g/L, leucocytes – $6.5 \cdot 10^9/L$; erythrocytes – $3.47 \cdot 10^{12}/L$; thrombocytes – $7.0 \cdot 10^{12}/L$; ESR – 33 mm/h; ferritin – 185.20 $\mu g/L$. Metypred was prescribed at a dose 64 mg / day with a gradual dose reduction to 8 mg / day with a positive effect; the platelet count returned to normal. In 2017, the

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Table 1. Rhupus criteria, according to the literature data

Study	Number of patients	Inclusion criteria
H. Kondo et al, 2019 [15]	7	ACR for SLE + ACR for RA + erosions
B.B. Yang et al. 2018 [16]	20	ACR 1997 for SLE + ACR 1987 for RA
A.C. Lozada-Navarro et al, 2018 [13]	9	SLICC 2012 for SLE + ACR/EULAR 2010 for RA + erosions + RF or anti-CCP + ANA + anti-dsDNA Sm + SLE organ involvement
F. Danion et al, 2017 [17]	15	ACR 1997 for SLE + ACR 1987 for RA
J. Li et al, 2014 [10]	56	ACR 1997 for SLE + ACR 1987 for RA
C. Tani et al, 2013 [9]	10	ACR 1997 for SLE + ACR 1987 for RA
L. Andrade-Ortega et al, 2013 [18]	9	ACR 1997 for SLE + ACR 1987 for RA
K. Ikeda et al, 2013 [19]	6	ACR 1997 for SLE + ACR/EULAR 2010 for RA
T. Piga et al, 2013 [20]	6	ACR 1997 for SLE + ACR 1987 for RA + erosions
O. Malaise et al, 2012 [21]	6	ACR 1997 for SLE + ACR/EULAR 2010 for RA
E.P. Benavente and S.O. Paira, 2011 [22]	4	ACR 1997 for SLE + ACR 1987 for RA + erosions + anti-dsDNA or anti-Sm
M.T. Chan et al, 2008 [23]	12	ACR 1997 for SLE + ACR 1987 for RA + erosions
J.B. Martinez et al, 2007 [24]	5	ACR 1997 for SLE + ACR 1987 for RA + erosions
A. Fernandez et al, 2006 [25]	8	ACR 1997 for SLE + ACR 1987 for RA
L.M. Amezcua-Guerra et al, 2006 [26]	7	ACR 1997 for SLE + ACR 1987 for RA
T.S. Rodriguez-Reyna and D. Alarcon-Segovia et al, 2005 [27]	13	ACR 1997 for SLE + ACR 1987 for RA
J.A. Simyn et al, 2002 [28]	22	ACR 1997 for SLE + ACR 1987 for RA + erosions + anti-dsDNA or anti-Sm
C.A. Brand et al, 1992 [29]	11	ACR 1997 for SLE + ARA for RA
M.G. Cohen and J. Webb, 1987 [30]	11	ARA for SLE + ARA for RA + having RA as the first diagnosis

ACR: American College of Rheumatology; SLICC: Systemic Lupus Erythematosus International Collaborating Clinics; ARA: American Rheumatism Association; EULAR: European League Against Rheumatism; SLE: Systemic lupus erythematosus; RA: Rheumatoid arthritis.

patient had a fracture of the femoral neck on the right, and osteosynthesis. She sought help from a local rheumatologist who confirmed the previous diagnosis and prescribed sulfasalazine 1000 mg / day as the basic therapy, which provoked hyperemia of the skin, and difficulty in breathing. The drug was replaced with leflunomide 20 mg / day, however, after a few days it also caused adverse events (Quincke's edema, increased body temperature). The analyses (November 2017) did not reveal antibodies to cyclic citrullinated peptide (ACCPs), the test for lupus anticoagulant was weakly positive. The patient was seen by a rheumatologist again, and this time the antinuclear factor (ANF) was detected, and the diagnosis was revised in favor of SLE. Metypred was recommended at 8 mg / day, but it had little effect. Since the summer of 2020, against the background of metypred therapy (8 mg / day), pain in the small joints of the hands and in the spine increased; numbness of the tip of the tongue, upper and lower lips appeared; she noted increased weakness and fatigue.

On examination (October 2020): ANA Hep2 – 1:10240, homogeneous type of glow, aЯ2GPI were not detected, anti-Sm – 2+, antibodies to ribonucleoprotein 70 (anti-RNP70) – 3+, anti-dsDNA >200 IU/mL (norm – 0–20 IU/mL), antibodies to nucleosomes – 3+. In January 2021, she was hospitalized to V.A. Nasonova Research

Institute with the diagnosis of unspecified systemic lupus erythematosus, chronic course, high activity (Systemic Lupus Erythematosus Disease Activity Index-2K, SLEDAI-2K – 15), Raynaud's syndrome, polyarthritides, hematological disorders (anemia, leukopenia, thrombocytopenia), ANA +, anti-dsDNA +.

Upon admission, the general condition was satisfactory; the constitution normosthenic. The physique is regular, height – 157 cm, body weight – 52 kg, body mass index – 21.10, body temperature – 36.6 °C.

Erythematous rashes on the face, two-phase Raynaud's syndrome, palmar capillaritis were noted. There was a pronounced vascular pattern on the skin of the lower extremities of livedo-vasculitis type. Lymph nodes available for palpation were not enlarged, painless. Swelling and soreness of the left knee joint, proximal interphalangeal joints of both hands, wrist joints, soreness on palpation and restriction of movements in the shoulder joints were noted. The number of painful joints was 22, the number of swollen joints – 9, pain on the visual analog scale – 80 mm. The patient had swan-neck deformity of the joints of the hands valgus deformity of the 1 metatarsophalangeal joints of both feet (Fig. 1, a–d), a sharply positive symptom of "compression of the feet" on both sides. The internal organs were normal. On examination: Hb – 92 g/L, leucocytes – $2,0 \cdot 10^9$ / L, erythrocytes –

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$3,21 \cdot 10^{12} / L$, hematocrit – 28.6%, thrombocytes – $116 \cdot 10^9 / L$, ESR (according to Westergren) – 88.0 mm/h, total protein – 74.6 g/L, γ -globulins – 24.10%, CRP – 37.5 mg/L, RF <9.4 IU/mL, ACCP – 27.1 units/mL, IgG-aCL – 5.9 GPL, IgM-aCL – 2.0 MPL, IgG-a β 2-GP1 – 4.4 Units/mL, IgM-a β 2-GP1 – 1.9 Units/mL, direct Coombs test +/-, ANA (Hep2) – 1/2560 h+sp, anti-dsDNA >200.0 IU/mL, IgG – 19.0 g/L, IgM – 1.31 g/L, IgA – 6.16 g/L, complement components: C3 – 0.745 g/L, C4 – 0.05 g/L, antibodies to Ro/SSA (anti-Ro/SSA) – 3.0 Units/mL, antibodies to La/SSB (anti-La/SSB) – 5.4 units/mL, anti-Sm – 46.5 units/mL, anti-centromeric antibodies – 2.7 units/mL, anti-RNP70 >200.0 U/mL, antineutrophil cytoplasmic antibodies and cryoglobulins within normal limits. General urinalysis: proteins – 0.3 g/L, leukocytes – 7–8 per high power field (pHPF), flat epithelium – 1–2 pHPF, hyaline cylinders – 2 pHPF. Daily urine: protein – 0.3 g / day.

Electrocardiogram: sinus rhythm, heart rate – 82 per minute, normal electrical axis of the heart. Predominance of left ventricular potentials. Diffuse changes in the myocardium of the left ventricle. Computed tomography of the chest organs: no recent focal and infiltrative changes in the lungs were detected. The trachea, main, lobar and segmental bronchi were patent. The intra-thoracic lymph nodes were not enlarged, with usual density and structure. Free fluid in the pleural cavity and pericardial cavity was not detected. Bones were without destructive disorders; dystrophic changes of the thoracic spine were noted. Capillaroscopy: Raynaud's syndrome. Ultrasound of the salivary glands: lymph nodes in the parotid salivary glands. Diffusely heterogeneous structure, signs of Sjogren's syndrome. Ultrasound of the abdominal cavity and kidneys: diffuse changes in the liver and pancreas; inflexion of the gallbladder; hemangiomas in the right lobe of the liver.

Densitometry: The Z-criterion in L_{I-IV} was 2.8, in the neck of the left femur – 2.0. Conclusion: the indicators of bone mineral density in L_{I-IV} and in the left femoral neck showed osteopenia. Contrast radiography of the salivary gland and ducts (sialography): initial manifestations of parenchymal sialadenitis. Radiography of the hands and feet: osteoporosis, more pronounced in the periarticular parts; few cyst-like areas of radiolucency of bone tissue; erosion of a number of adjacent articular surfaces, mainly interphalangeal joints of the hands; intra-articular osteolysis in the area of interphalangeal joints of the thumbs; subluxations of a number of metacarpal and interphalangeal joints, mostly of the thumbs and little fingers (I and V), valgus deviation of the I metatarsophalangeal joints; joint gaps significantly narrowed, osteophytes on the edges of the articular surfaces of the distal interphalangeal joints of the hands. Conclusion: signs of chronic erosive arthritis of stage III (see Fig. 1, a–d). Consultation of an ophthalmologist revealed posterior capsular cataract.

In accordance with the classification criteria of RA ACR/EULAR (2010) and SLE SLICC (2012), the following diagnoses were made: seronegative rheumatoid arthritis (M05.3), late clinical stage, average activity (DAS28 – 5.01) with systemic manifestations (Sjogren's syndrome), erosive, radiological stage III, ACCP+, functional class II and systemic lupus erythematosus (M32.1), activity – III (SLEDAI

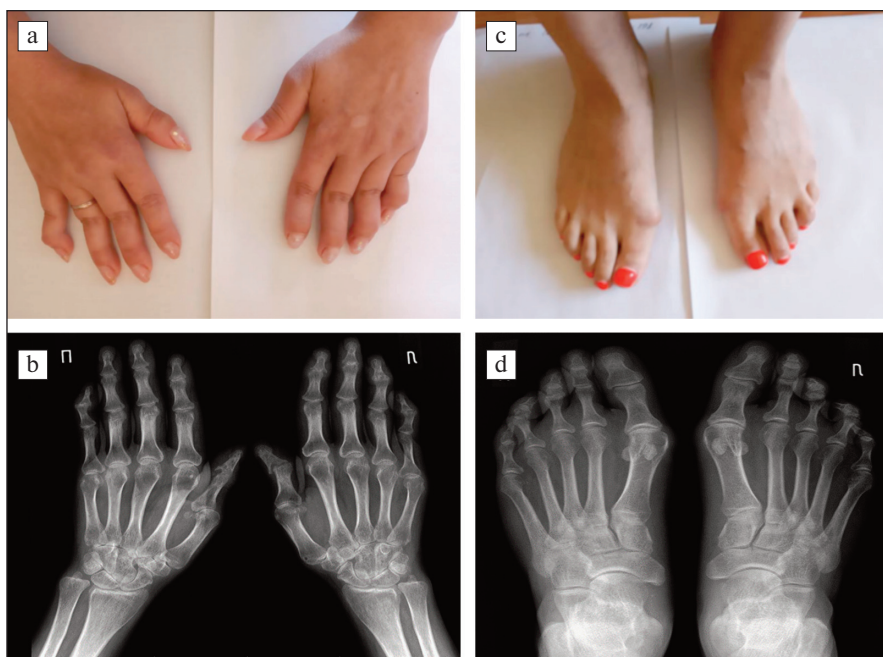


Fig. 1. Patient P., 34 years old: a – “swan neck” type deformity of the hand joints; b – X-ray of the hands in direct projection; c – valgus deformity of the first metatarsophalangeal joints; d – radiography of the feet in direct projection (here and in Fig. 2, radiographs from the authors collection are presented)

2K – 15 points, SLICC damage index – 3 points), with damage to joints (polyarthritis), vessels (Raynaud's syndrome, palmar-plantar capillaries, livedo-vasculitis), hematological (Coombs-positive anemia, leukopenia, thrombocytopenia) and immunological (anti-dsDNA+, anti-Sm+, anti-RNP70+, ANF+) disorders. Moderate myopia (H52.1), retinal angiopathy of both eyes, posterior capsular cataract.

Taking into account the high activity of both RA and SLE, ineffectiveness of the previous therapy (MT, sulfasalazine, leflunomide), the young age of the patient, irreversible organ damage (osteopenia, hip fracture in the anamnesis, complicated posterior capsular cataract, deforming polyarthritis with impaired hand function), it was recommended to add to metypred therapy (8 mg / day) a genetically engineering biological drug (GIBD) – rituximab (RTM) 1000 mg intravenous (IV) drip, followed by the administration of mycophenolate mofetil 1000 mg / day, hydroxychloroquine 200 mg / day, which contributed to a significant improvement in the general condition and a decrease in the severity of joint syndrome. Dynamic examination after 3 and 6 months of therapy allowed to confirm the positive clinical and laboratory effect (Fig. 2, 3): pain on a visual analog scale was 10 mm, the number of painful joints – 2, the number of swollen joints – 0. After 6 months of treatment by a rheumatologist at the place of residence, the dose of metypred was reduced to 4 mg / day, no exacerbation of the disease was observed. Thus, the therapy allowed to reduce the dose of glucocorticoids (GCs) and achieve remission of the disease.

Discussion. According to A. Fernandez et al. [25], signs of RA and SLE in rhupus rarely manifest or are diagnosed simultaneously. Rheumatoid-like polyarthritis is observed in almost 2/3 of patients at the onset of the disease. Patients in whom the disease debuts with a clinical picture of RA usually have a younger age [9, 10, 12, 14].

J. Li et al. [10] analyzed the data of 56 patients diagnosed with rhupus, among whom 84% were women with an average age

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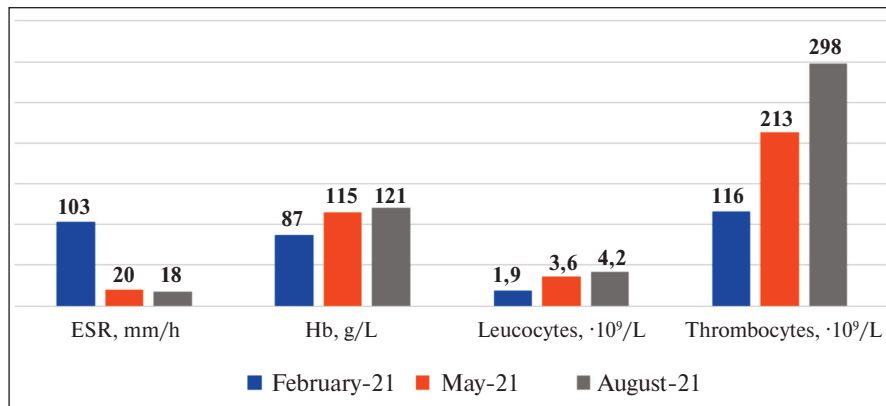


Fig. 2. Dynamics of CBC test parameters in patient P. during therapy

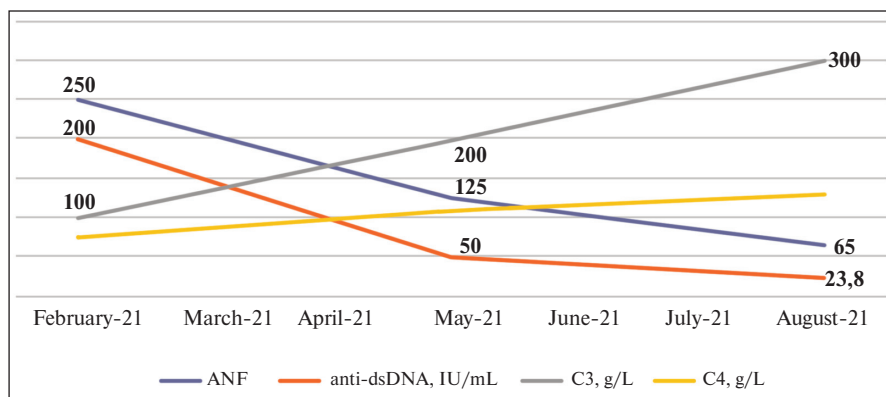


Fig. 3. Dynamics of indicators of immunological activity of SLE in patient P. during therapy

Kidney damage is a frequent manifestation of lupus. Thus, in 24 patients with lupus, a pathomorphological examination of a kidney biopsy revealed different classes of lupus nephritis (LN) according to 2003 ISN/RPS criteria (International Society of Nephrology / Renal Pathology Society): mainly, classes IV (45.8%; n=11) and II (25%; n=6), while classes III and V were less common (12.5% each; n=3) [9, 12, 13, 15, 18, 24, 28, 33]. Our patient did not have any criteria-based signs of LN, however, urinary syndrome was detected during hospitalization.

With Lupus, although rarely, may be accompanied by damage to the peripheral nervous system. J.A. Simyn et al. [28] observed 3 patients with transverse myelitis and 2 patients with multiple mononeuritis; data on the development of encephalopathy and convulsive syndrome have also been published [25, 27].

In 2014, J. Li et al. [10] described 10 patients with lupus and interstitial lung damage. S. Zaman et al. [34] reported a combination of lupus with Libman-Sachs endocarditis and cerebral infarction. Raynaud's syndrome and vasculitis are not uncommon, but usually benign, without the development of severe complications. Our patient also has Raynaud's syndrome and livedo-vasculitis [10, 22, 25, 27, 30].

Treatment of lupus is based on the complex use of GCs, cytostatic therapy, hydroxychloroquine, possibly with addition of genetically engineered biological drugs (GIBD). GCs prescribed at doses from 6.5 to 15 mg / day of prednisolone equivalent [9, 17, 18, 28]; according to some authors, lower doses of GCs are required for lupus than for SLE [10]. Intravenous administration of methylprednisolone is used less frequently in patients with lupus than in patients with SLE [10]. The most commonly used cytostatic drug is methotrexate; azathioprine and leflunomide are less commonly used [9, 17, 18, 28]. The administration of hydroxychloroquine is mandatory, since it is effective both for SLE and RA [9, 17, 18]. In case of damage to vital organs, especially kidneys, therapy with cyclophosphamide, mycophenolate mofetil and cyclosporine is advisable [10, 17, 18, 20, 24, 33, 35–37]. Several studies have demonstrated successful treatment with GIBDs – inhibitors of tumor necrosis factor α (TNF) [16, 17], abatacept [19] and RTM [18, 20]. Tocilizumab [38], baricitinib [15] and belimumab [39] were also used. It should be noted that TNF α inhibitors, abatacept, Rituximab (RTM) and tocilizumab are approved for use in patients with lupus [40]. Rituximab is approved for RA therapy, at the same time, it has shown effectiveness in the treatment of SLE in real clinical practice [41–44]. L. Andrade-Ortega et al. [18] in an open study evaluated the effectiveness of Rituximab therapy at a dose of 1000 mg with an interval of 2 weeks. Basic anti-inflammatory drugs and immunosuppressants (except GCs) were canceled a month before the start of the study in 9 patients with lupus. The effectiveness was evaluated after 6 months.

of disease onset of 35 years, while the average age of diagnosis verification was 45 years. Interestingly, in 66% of cases, the first sign was rheumatoid-like polyarthritis, so the diagnosis of RA was established [26]. The prevalence of lupus in patients with SLE varies from 0.09% [28] to 9.7% [10]. In the two most recent and large studies, it was 1.3% [17] and 1.4% [14]. Such discrepancies can be explained by heterogeneity of inclusion criteria and approaches to the diagnosis of erosions, which can lead to underdiagnosis of lupus in patients with RA and SLE. The maximum prevalence of lupus (9.7%) was found in a prospective cohort of 103 patients with SLE who underwent systematic screening of erosions using ultrasound and magnetic resonance imaging of hands and wrists. Thus, a lower incidence of lupus in retrospective cohorts of patients with SLE who did not undergo a complete instrumental examination may be a consequence of underdiagnosis [9]. Rheumatoid-like arthritis is the main diagnostic sign of lupus, which must be differentiated from benign non-erosive arthritis and Jacou syndrome [7, 31–33]. L. Antonini et al. [11] presented the most common clinical manifestations in lupus (Tabl. 2).

The most common signs of SLE in patients with lupus are hematological disorders [12], skin and mucous membrane changes, kidney damage and serositis, and the most common skin manifestations are zygomatic rash, photosensitization and alopecia, while discoid rash is rarely recorded [10]. In our patient, the first sign of the disease was rheumatoid-like polyarthritis, 5 years later hematological disorders in the form of deep thrombocytopenia developed.

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Table 2. Clinical manifestations of Rhupus (n=287) [11]

Manifestations	Occurrence (%) (number of patients / number of examined patients)
Polyarthritis	88.2% (225/255)
Symmetric arthritis	87% (206/237)
Erosions	90% (251/278)
Rheumatoid nodules	16% (43/262)
Skin lesions	41% (118/287)
Oral ulcers	23% (65/287)
Photosensitivity	30% (87/287)
Alopecia	17% (47/271)
Raynaud's syndrome	9% (25/271)
Serositis	26% (74/287)
Neurological disorders	5% (14/287)
Renal involvement	35% (100/287)
Pulmonary involvement	6% (16/287)
Hematological disorders	70% (202/287)
Vasculitis	4% (12/287)

There was a significant decrease in DAS28 (from 5.73 to 3.02 on average; $p<0.001$) and SLEDAI-2K (from 5 to 1.22; $p<0.001$). The average dose of prednisolone was reduced from 11.66 to 0.55 and 1.11 mg/day after 12 and 24 months, respectively. In another study, 6 patients with rhupus who did not receive basic anti-inflammatory drugs were also prescribed RTM at a dose of 1000 mg with a 2-week interval, and after 28 weeks the course of treatment was repeated. After 12 months, there was a significant decrease in DAS28 on average from 5.98 to 3.95 ($p<0.01$) and SLEDAI-2K from 7.1 to 1.3; ($p<0.01$), the average dose of GC after 6 months was reduced from 15.4 to 10.6 mg/day ($p<0.05$) [20]. L. Laccarino et al. [45] reported a good response according to DAS28 and SLEDAI in 2 out of 3 patients with rhupus refractory to traditional methods of treatment after the administration of RTM.

In the analyzed clinical case, the combined use of mycophenolate mofetil, hydroxychloroquine and RTM was due to the high clinical and immunological activity of the disease, as well as the presence of irreversible organ damage and intolerance to many drugs.

Conclusion. Our clinical observation illustrates a separate phenotype of SLE in combination with rheumatoid-like joint damage, which has a set of clinical and immunological markers different from other variants of the disease. In real clinical practice, it should be borne in mind that autoimmune diseases are dynamic and can evolve. Since these diseases often debut with polyarthritis, it must be remembered that polyarthritis can be a manifestation of various systemic diseases and such patients need regular monitoring for their timely detection.

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