

MELORHEOSTOSIS IN MELAKA HOSPITAL: A CASE REPORT OF RARE DISEASE

Adzhar Abdul Latib¹, Norlizam Mohd Nor¹, Zoran Arif Mat Hussin¹, Mohd Hazim Mohd Azhar¹

¹Hospital Melaka

Introduction: Melorheostosis also known as candle bone disease or melting wax syndrome, is a rare benign chronic bone disease commonly affecting diaphysis of the long bone of lower limb rarely the upper limb bones. It may be monoostotic or polyostotic in nature. No hereditary features have been discovered yet. Patients usually presented with insidious onset of bony pain. The classical radiological appearance shows 'flowing hyperostosis' resembling a hardened wax that has dripped down the side of a candle.

Discussion: We are reporting a case of 23 years old healthy gentlemen, came to our clinic with complaint of insidious pain specifically at his right ring finger for the past 1 year. He was unable to perform a proper hand grip because of the pain and limited range of motion of the affected finger. Upon examination, the ring finger was swollen, deformed with maximal tenderness at the middle phalanx. His range of motion at the PIPJ and DIPJ was reduced. Plain radiograph showed diffuse sclerotic lesion affecting the proximal, middle and distal phalanx of the affected finger, however, the joints were not involved. Later, MRI was done, showed the typical low signal on all imaging sequences, with no enhancement and soft tissue involvement. Patient was treated with analgesia and referred to occupational therapy for hand function exercise.

Conclusion: Melorheostosis is a rare chronic bone disorder which was first described in 1922 by Leri and Joanny¹. Although the radiograph showing non aggressive looking bone disease, melorheostosis may be associated with osteogenic sarcoma, malignant fibrous histiocytoma and dermoid tumours². The disease exhibits a slow, chronic course, with periods of exacerbation and arrest. Recurrence usually is expected after operative excision³. There is still no specific treatment described in the literature currently, however, analgesia, alendronate and physiotherapy for hand function exercise had somehow improve patient's condition.