A Case Report: Caffey's Disease or Infantile Cortical Hyperostosis

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INTRODUCTION:

Caffey's disease or Infantile Cortical Hyperostosis is a rare self limiting disease that occurs with no predilection of gender and race. It usually affects infants from the age of 5 months old and subsides by the age of 2 years old. Classically, the child will come with a triad of systemic symptoms (irritability and fever, soft tissue swelling, cortical bone thickening). However, this condition may not need any treatment and NSAIDs may be used if symptomatic. This report is to emphasize awareness of this disease in order to avoid misdiagnosis.

REPORT:

One year old boy, with no known medical illness presented with right elbow swelling and refused to move the affected limb for 3 days. Antenatal and postnatally was uneventful. Otherwise, no history of trauma, irritability, fever, gastrointestinal, urinary or respiratory tract infection symptoms. On examination, the child was alert with no dysmorphic features. Right elbow was swollen compared to the left elbow. The swelling was firm and tender upon palpation. No skin redness, no other findings suggestive of septic arthritis, tuberculosis, abuse or bony tumor. Blood investigations and infective markers were normal. Right humerus x-ray shows a periosteal reaction along the shaft of the humerus.

Skeletal survey was done and shows thick solid periosteal reaction involving meta-diaphysis to epiphysis of bilateral proximal humerus (Figure 1).

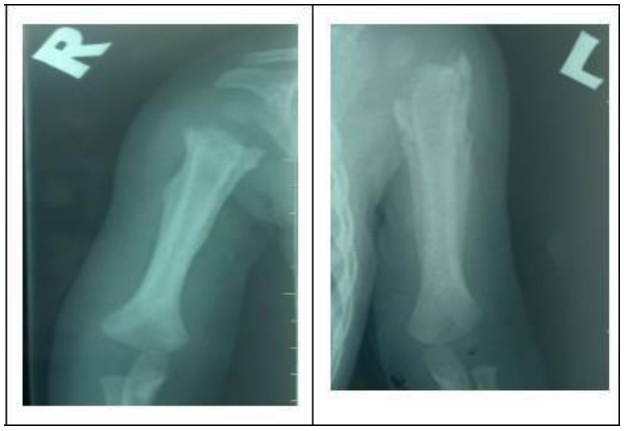

Figure 1: Bilateral humerus x-ray.

A diagnosis of Caffey's disease was made based on clinical findings and investigations.Patient was discharged well and follow up was given at 2 weeks, 3 and 6 months. Subsequent follow up shows the child was completely asymptomatic and having normal healthy growth.

CONCLUSION:

Even though this disease is uncommon, clinicians should have a high index of suspicion and an awareness of the existence of this disease to avoid it being misdiagnosed.

REFERENCES:

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