

# Eosinophilic Fasciitis – spontaneous recovery

GARD: <https://rarediseases.info.nih.gov/diseases/6351/index>

GARD asserts that "About 10-20% of people with eosinophilic fasciitis recover spontaneously without treatment". It offers five references [1]-[5]. Taking each one:

[1] The referenced MedlinePlus page only says "In most cases, the condition goes away within 1 to 3 years". But it does not mention spontaneous recovery without any treatment.

[2] The referenced Mertens paper makes no mention of spontaneous recovery.

[3] The article "Unusual presentation of eosinophilic fasciitis (Danis, Turkey, 2010): says "Spontaneous remission rate in patients with EF is **10% to 20%** at the time of presentation or relapse after discontinuing corticosteroid therapy [12]". This must be where GARD gets its 10-20%. Let's check its reference [12]:

[3][12] The article "Scleroderma-like fibrosing disorders (Boin, Hummers, 2008). Only says this: "Spontaneous resolution also has been observed in some cases." It gave no source for this assertion and I could find nothing about the 10-20% mentioned in the Turkish article.

[4] The paper "Diagnosis and classification of eosinophilic fasciitis (Pinal-Fernandez, Barcelona, Spain, 2014)" only says this: "Some EF patients improve spontaneously without treatment".

[5] The paper "Henning PM. Eosinophilic Fasciitis. Medscape Reference. March 2015" says this: "it should be noted that up to one third of eosinophilic fasciitis cases may spontaneously resolve.[57]". Check its reference:

[5][57] Unfortunately the referenced paper "D-penicillamine in the treatment of eosinophilic fasciitis" (Manzini, 2011) does not say anything about spontaneous recovery let alone "one third". Perhaps the reference number is wrong and a different paper was the source.

## MAYO STUDY

The Mayo Clinic 1988 study of 52 patients, says: "The fact that four of the five untreated patients had spontaneous improvement of their disease, with resolution in two, questions the validity of the use and efficacy of any mode of treatment for eosinophilic fasciitis. Prospective, double-blind, placebo-controlled studies are required to definitively answer this question."

I think that still stands as the most authoritative statement on the subject. So we can only say that "some" EF patients make a spontaneous recovery, as stated in the paper by Pinal-Fernandez, Barcelona, Spain, 2014.

## References

1. Werth VP. *Eosinophilic fasciitis*. January 2015; <http://www.nlm.nih.gov/medlineplus/ency/article/000447.htm>. Accessed 11/12/2015.
2. Mertens JS, Seyger MMB, Thurlings RM, Radstake TRDJ, de Jong EMGJ. Morphea and Eosinophilic Fasciitis: An Update. *Am J Clin Derma*. 2017; 18(4):491–512. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5506513/>.
3. Danis R et al.,. Unusual presentation of eosinophilic fasciitis: two case reports and a review of the literature. *J Med Case Reports*. 2010; 4:46. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2830980>. Accessed 6/11/2015.
4. Pinal-Fernandez I, Selva-O' Callaghan A, Grau JM. Diagnosis and classification of eosinophilic fasciitis. *Autoimmun Rev*. 2014 Apr-May; 13(4-5):379-82. Accessed 6/11/2015.
5. Henning PM. Eosinophilic Fasciitis. *Medscape Reference*. March 2015; <http://emedicine.medscape.com/article/329515-overview>. Accessed 11/12/2015.