

# Eosinophilic fasciitis: report of two cases and a systematic review of the literature dealing with clinical variables that predict outcome

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**Abstract** We reported two patients with refractory eosinophilic fasciitis (EF) and provided a systematic review of the literature to determine the clinical variables associated with prognosis of EF. We enrolled 88 cases, whose clinical characteristics were analyzed by separating the patients into two or three groups based on outcome. The incidence of certain clinical and pathological features differed among the groups. In particular, the incidence of morphea-like skin lesions in patients with refractory fibrosis was significantly higher than in patients without refractory fibrosis ( $p=0.003$ ). Patients with morphea-like skin lesions were 1.9 times more likely to develop persistent fibrosis than patients without these lesions (95% confidence intervals, 1.5–2.5). A younger age (under 12 years) at onset was associated with a 1.6 times greater risk of residual fibrosis (95% confidence interval, 1.1–2.2). Trunk involvement was associated with a 1.4 times greater risk of residual fibrosis (95% confidence interval, 1.0–2.0). Histopathologically, the presence of dermal fibrosclerosis was associated with a 1.4 times greater risk of refractory fibrosis (95% confidence interval, 1.0–2.1). We consider these clinical characteristics, notably the presence of morphea-like skin lesions may be an important risk factor for developing residual fibrosis in EF patients.

**Keywords** Corticosteroid · Eosinophilic fasciitis · Morphea

## Introduction

Eosinophilic fasciitis (EF) is an uncommon connective tissue disease characterized by symmetrical swelling, induration, and thickening of the skin and subcutaneous tissue of the distal extremities [1, 2]. Histologically, patients show striking inflammation and thickening of the fascia. EF is generally recognized as being highly steroid-responsive and benign. However, often the response is partial and may require the addition of other agents. Cases with residual symptoms after many months of steroid therapy have been reported [3, 4]. Because of the small number of new cases, adequately controlled studies have not been conducted that deal with therapeutic or prognostic issues [5]. In this study, we describe two patients with EF whose course worsened and who developed a morphea-like skin disorder despite systemic corticosteroid therapy. Additionally, we reviewed the literature focusing on the development of residual fibrosis to determine whether there was a factor that was predictive for outcome in patients treated with systemic corticosteroids.

## Case reports

### Case 1

A 29-year-old Japanese woman participated in an exercise program in November 1999. Soon thereafter, she noted swelling of her right hand and lower extremities and visited us in January 2000. On physical examination, her right hand and lower extremities were markedly swollen, and the skin was rock-hard and bound down to the underlying tissue. On the right buttock and medial side of both lower

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extremities, there were scattered, slightly erythematous, infiltrated plaques. Laboratory studies revealed a slightly increased C-reactive protein (CRP) of  $0.3 \text{ mg dl}^{-1}$  (normal,  $<0.1 \text{ mg dl}^{-1}$ ) and a slight eosinophilia of  $521 \text{ mm}^{-3}$  (normal,  $300\text{--}500 \text{ mm}^{-3}$ ). Quantitative immunoglobulin tests showed an elevated immunoglobulin M ( $432 \text{ mg dl}^{-1}$ ; normal,  $35\text{--}220 \text{ mg dl}^{-1}$ ). Deep fascial biopsy from the right leg showed a mild dermal fibrosis and fascial thickening, accompanied by an inflammatory infiltration of lymphocytes, plasma cells, and eosinophils, and confirmed the diagnosis of EF. Prednisolone, 20 mg daily, was given. Within 2 months, the eosinophil count returned to normal; however, the patient relapsed when prednisone treatment was tapered. Progressive multiple patchy sclerodermatous skin changes were seen on all four extremities and the trunk (Fig. 1a). Although the patient has continued to take prednisolone 5 mg/day, her symptoms have persisted to the present time.

## Case 2

In January 2003, a 68-year-old Japanese woman was admitted to our hospital with a 1-month history of progressive swelling of her upper and lower limbs. On physical examination, her upper and lower extremities showed severe swelling with nonpitting edema. On the right thigh, there were scattered, slightly erythematous, indurated plaques. Laboratory results showed an increased CRP ( $3.3 \text{ mg dl}^{-1}$ ), hypergammaglobulinemia ( $2.34 \text{ g dl}^{-1}$ ; normal,  $0.7\text{--}1.6$ ) and an eosinophilia of  $1,070 \text{ mm}^{-3}$ . An antinuclear antibody test was positive (titer 1:40,960). Post-gadolinium fat-saturated T1-weighted magnetic resonance (MR) images showed fascial enhancement consistent with active inflammation. Histological examination of a deep biopsy taken from the right thigh revealed that the

interlobular fibrous septum of the subcutis, particularly in the lower half, was markedly thickened with infiltration of plasma cells, lymphocytes, and a few eosinophils. The clinical and pathological findings were consistent with those of EF. The patient was started on prednisolone (30 mg daily). Although swelling of the extremities rapidly disappeared, sclerodermatous skin changes gradually developed as the dosage of prednisone was tapered. Multiple glossy, slightly erythematous, infiltrated plaques advanced on the right leg (Fig. 1b). The chest X-ray, pulmonary function tests, and a nail-fold capillaroscopic examination were normal. The patient was treated with whole-body psoralen plus ultraviolet A (UVA) photochemotherapy (cumulative UVA dose  $97.5 \text{ J cm}^{-2}$ ), in addition to prednisolone (10 mg/day). The edematous changes of both upper limbs gradually improved; however, the skin thickening and contracture of the legs have persisted.

## Materials and methods

First, the computerized databases of Medline (1974–2005) and the Cochrane Library (2005, Issue I) were searched for articles with abstracts dealing with EF, Shulman syndrome, diffuse fasciitis with eosinophilia, and diffuse fasciitis with or without eosinophilia. In 1974, Shulman reported the first two cases of EF and described EF as a new syndrome [6]. Relevant articles were selected by means of a title and abstract review. Next, the retrieved cases were assessed to determine if the inclusion and exclusion criteria were met. The inclusion and exclusion criteria are summarized in Table 1. The two patients reported in this paper were included. The clinical outcome of the patients was categorized into three groups based on the response to systemic steroid therapy: (1) cure, (2) remission, (3) and



**Fig. 1** **a** Brownish indurated plaques on the trunk. **b** Morphea-like plaques on the left leg characterized by waxy and ivory induration surrounded by an erythematous, pigmented lesion

**Table 1** Inclusion and exclusion criteria

Criteria
<b>Inclusion criteria</b>
Case report(s) or review articles published in English
Patient's clinical manifestations and course were available
Patient exhibited characteristic clinical findings: symmetric swelling, induration and/or tightness of the skin and subcutaneous tissues, chiefly affecting the extremities
Patient showed characteristic histopathological findings, including deep fascia, or whose MR imaging revealed inflammation and/or thickening of deep fascia
Patient was treated with systemic corticosteroid
<b>Exclusion criteria</b>
Patient who died during follow-up period
Patient who took L-tryptophan before the onset of the disease
Patient who underwent fasciectomy for the treatment of EF
Patient whose duration of follow-up was shorter than 3 months

persistent. Cases that were free from symptoms at the end of the reported follow-up period were considered cured. Cases that were found to have been improving during the follow-up period and did not have symptoms because of residual fibrosis at the end of the follow-up period were considered to be in remission. Cases that had symptoms because of residual fibrosis at the end of the follow-up period were considered to be persistent. The clinical outcome was independently assessed by two reviewers (Endo and Tamura), and disagreement between the reviewers was resolved by discussion.

Data extracted from the articles included: age, gender, and clinical history (preceding physical stress, disease duration before treatment or diagnosis, clinical and laboratory features, pathological findings, therapy, outcome, and follow-up period). The data were analyzed using chi-square analysis or the Kruskal–Wallis test, as appropriate. A *P* value of less than 0.05 was considered to indicate statistical significance. Some data were analyzed by separating patients into two groups based on particular characteristics, and the cumulative incidence of persistent cases at the end of the follow-up period was compared between the groups. These cumulative incidence proportions were used to calculate relative risks and the 95% test-based confidence intervals.

**Results**

A total of 250 cases were reviewed. Eighty-eight cases, including the present two cases, met all the criteria [7–74]. The data were analyzed by separating patients into three

groups based on their outcome after systemic steroid therapy: (1) cure [15, 23–25, 27–30, 34, 38, 39, 42, 45, 53, 57, 61, 63, 67–70], (2) remission [14, 21, 27, 31, 34, 55, 56, 64, 66, 71], and (3) persistent [7–13, 15–20, 22, 24, 26, 32, 33, 35–37, 40, 41, 43, 44, 46–52, 54, 55, 57–60, 62, 65, 72–74]. The characteristics of these individuals are described in Table 2. Interestingly, the number of patients with morphea-like skin lesions in the persistent group was significantly greater than that in other groups (*p*=0.003). Although the difference was not statistically significant, the number of patients with trunk involvement in the persistent group was greater than in the other groups (*p*=0.154). Some patients were treated with systemic steroid in combination with other drugs, such as immunosuppressive agents. Patients classified into the “cure” group often had favorable outcomes after the addition of oxychloroquine [15], azathioprine [15, 29], potassium para-amino benzoate plus hydrochlorothiazide [24], D-penicillamine [29], cyclophosphamide [34], ibuprofen [45], methotrexate [67], or cyclosporine [69]. On the other hand, no response was seen in patients of the persistent group, despite the addition of aspirin [22], hydroxychloroquine [35, 49], D-penicillamine [37, 49, 59], or methotrexate [54].

Next, we analyzed whether any clinical variables could identify patients at risk of developing intractable sclerosis despite systemic steroid therapy (Table 3). The patients were classified as patients with residual fibrosis (persistent, *n*=51) and patients without residual fibrosis (cure or remission, *n*=37) for this analysis. Comparing the number of pediatric patients between the two groups, children under age 12 were found to have a 1.6 times greater risk of developing refractory fibrosis (95% confidence interval,

**Table 2** Correlation between clinical characteristics and prognosis

Clinical characteristics	Cure ( <i>n</i> =24) Number (%), <i>n</i> / <i>N</i> , or mean±SD	Remission ( <i>n</i> =13)	Permanent ( <i>n</i> =15)	<i>P</i> value
Age (years)	37.4±15.8	41.2±20.1	37.9±18.6	0.855
Female patients	11(46)	7(54)	27(57)	0.671
Preceding physical stress	10/14	1/5	19/30	0.12
Trunk involvement	3(13)	3(23)	17(33)	0.154
Morphea-like skin lesion	0(0)	1(8)	16(31)	0.003
Peripheral blood eosinophilia	22/23	13/13	47/51	0.525
Total eosinophil count	3,757±7,536 ( <i>n</i> =16)	2,120±1,450 ( <i>n</i> =12)	1,887±1,344 ( <i>n</i> =43)	0.775
Hypergammaglobulinemia or elevated IgG <sup>a</sup>	13/19	5/9	22/31	0.683
Elevated erythrocyte sedimentation rate	17/23	8/12	31/39	0.832
Positive antinuclear antibody	4/18	2/11	10/43	0.937
Tissue eosinophilia	14/20	11/13	36/43	0.405
Dermal fibrosclerosis	3/17	1/8	13/38	0.271
Disease duration before diagnosis or steroid administration <sup>b</sup> (months)	5.1±4.0 ( <i>n</i> =18)	7.3±9.5 ( <i>n</i> =13)	9.7±24.9 ( <i>n</i> =44)	0.893
Follow-up periods (months)	21.6±22.3 ( <i>n</i> =22)	18.2±14.8 ( <i>n</i> =12)	22.2±30.3 ( <i>n</i> =47)	0.94

<sup>a</sup> IgG gammaglobulin level

<sup>b</sup> Only in cases whose periods before steroid administration could not be available, periods before diagnosis were used.

**Table 3** Relative risk of residual fibrosis according to the clinical features

Clinicopathological features and laboratory data	Patients with residual fibrosis ( <i>n</i> =51)	Patients without residual fibrosis ( <i>n</i> =37)	Relative risk (95% confidence intervals)
Age (years)			
<12	7	1	1.6 (1.1–2.2)
≥12	44	36	1.0
Female sex			
Yes	29	18	1.1 (0.8–1.7)
No	22	19	1.0
Preceding physical stress			
Yes	19	11	1.0 (0.7–1.8)
No	11	8	1.0
Not reported	21	18	
Involvement of trunk			
Yes	17	6	1.4 (1.0–2.0)
No	34	31	1.0
Morphea-like skin lesion			
Observations described	16	1	1.9 (1.5–2.5)
No observations described	35	36	1.0
Disease duration before diagnosis or steroid administration (months)			
>6	14	9	1.1 (0.7–1.6)
≤6	30	24	1.0
Not reported	7	4	
Peripheral blood eosinophilia			
Yes	47	35	0.7 (0.4–1.2)
No	4	1	1.0
Not reported	0	1	
Hypergammaglobulinemia or elevated IgG <sup>a</sup>			
Yes	22	18	1.2 (0.7–2.0)
No	9	10	1.0
Not reported	20	9	
Elevated erythrocyte sedimentation rate			
Yes	31	25	1.2 (0.7–2.2)
No	8	10	1.0
Not reported	12	2	
Positive antinuclear antibody			
Yes	10	6	1.1 (0.7–1.6)
No	33	23	1.0
Not reported	8	8	
Tissue eosinophilia			
Yes	36	25	1.3 (0.7–2.3)
No	7	8	1.0
Not reported	8	4	
Dermal fibrosclerosis			
Yes	13	4	1.4 (1.0–2.1)
No	25	21	1.0
Not reported	13	12	
Initial dose of prednisone <sup>b</sup>			
≤30	18	17	0.8 (0.5–1.2)
>30	32	17	1.0
Not reported	1	3	
Period of systemic steroid therapy (months)			
>6	29	18	1.1 (0.5–2.1)
≤6	4	3	1.0
Not reported	18	16	

<sup>a</sup> IgG gammaglobulin level<sup>b</sup> In the cases treated with steroids other than prednisone, the doses were converted into prednisone. In the cases whose dose of steroids were described on a weight basis, the doses were calculated as 60 kg body weight.

1.1–2.2). Of the 37 patients with refractory fibrosis, 32 (86%) had involvement of 3–4 extremities or the trunk. Trunk involvement was found to be associated with a 1.4 times greater risk of developing refractory fibrosis (95% confidence intervals, 1.0–2.0). Morphea-like skin lesions were associated with a 1.9 times greater risk of developing residual fibrosis (95% confidence intervals, 1.5–2.5). Histopathologically, the presence of dermal fibrosclerosis was associated with a 1.4 times greater risk of developing residual fibrosis (95% confidence intervals, 1.0–2.1).

## Discussion

In agreement with previous studies of pediatric EF patients, we found that a young age at the time of onset may be one of the prognostic factors for refractory fibrosis. Recently, Farrington et al. reported that children under 7 years of age have a two times greater risk of developing residual cutaneous fibrosis (relative risk=2.0 [95% confidence interval, 1.2–3.4]) [50]. In our analysis of EF patients of all ages, we found that 12 years of age was the most significant threshold age value. Pediatric patients have some unique features, such as a female predominance, a higher incidence of hand involvement, and a lower incidence of an associated arthritis or a hematological disorder, both of which are common in adult patients. In addition to the higher risk of developing residual fibrosis, these characteristics may suggest that pediatric EF is a distinct clinical entity [50]. It is unknown why EF in younger patients is corticosteroid-resistant and has an unfavorable outcome. Some data indicate that juvenile fibroblasts have a greater proliferative capacity with high responsiveness to transforming growth factor-beta [75], which is considered to play an important role in the pathogenesis of EF [76]. This may partly explain the high risk of developing residual fibrosis in pediatric patients.

Our study also clarified the prognostic value of trunk involvement and morphea-like skin sclerosis. Skin changes are present on the trunk in only a limited number of patients. In a review of 52 patients with EF, Lakhanpal et al. showed that the abdomen was involved in 12 patients (23%), the chest in nine (17%), the back in three (6%), and the buttocks in three (6%) [4]. In the present study, trunk involvement in patients with refractory fibrosis (33%) was approximately two times as frequent as in patients without residual fibrosis (16%). It would appear that EF with extensive skin involvement tends to advance to severe, corticosteroid-resistant disease. We also found that the frequency of patients who had developed morphea-like skin sclerosis was significantly higher in patient with residual fibrosis (33%) than in patients without residual fibrosis (3%). Histologically, both morphea and EF show

homogenization of collagen bundles; however, they are distinguishable by the depth of skin involvement. The lesions of plaque morphea are superficial and affect the dermis or extend into the superficial panniculus. On the other hand, EF is characterized by involvement of subcutaneous tissue and fascia and can occasionally extend into the deep dermis [77]. Morphea-like skin lesions may reflect the progression of inflammation and fibrotic changes to more superficial layers. We consider that a morphea-like skin lesion may be an important prognostic factor for the development of intractable disease.

The mean initial dose of steroids, converted into prednisone ( $39.7 \pm 22.1$  mg), and the maximal dose ( $41.6 \pm 22.2$  mg) in patients without residual fibrosis were almost equivalent to those in patients with residual fibrosis ( $42.2 \pm 18.5$  mg and  $45.5 \pm 24.1$  mg, respectively). Although the difference was not statistically significant, the mean disease duration before steroid administration in the persistent group was about two times longer than that in the “cure” group (Table 2). Thus, early therapy rather than intensity of steroid therapy may be associated with a good outcome in EF patients. Some authors have reported on the use of systemic steroid with other agents, but the response to additional drugs has been variable. A favorable outcome, using the combination of corticosteroid–hydroxychloroquine, was reported by Lakhanpal et al. [4]. However, our review of this treatment showed that of the three patients treated, one had a complete remission, one a partial response, and one was unchanged.

EF is characterized by peculiar laboratory abnormalities, such as a peripheral blood eosinophilia, hypergammaglobulinemia, and an elevated erythrocyte sedimentation rate [1]. It has been shown that a correlation between clinical disease activity and laboratory data does not always exist [4]. In the present study, laboratory data were also not associated with prognosis. Histologically, dermal sclerosis was seen more frequently in the patients who developed residual fibrosis. The prognostic value of blood eosinophilia has been noted previously in localized scleroderma, which shares morphologic features with EF [78]. However, neither peripheral nor tissue eosinophilia was associated with the clinical outcome in EF.

The association between EF and a variety of diseases have been reported. Especially, hematologic disease presents a potentially life-threatening association with EF. There is an increased risk of hematologic malignancies associated with EF [79]. In our review, there were ten cases who had hematologic disorder [24, 42, 45–47, 62, 64, 69, 71, 74]. We could not find an association between residual fibrosis and hematologic disorder in the patients with EF.

In conclusion, we reported two patients with refractory EF who developed plaque morphea-like skin sclerosis and reviewed the literature. Our study suggests that a younger

age (under 12 years) at onset, trunk involvement and morphea-like skin sclerosis may be a hallmark of refractory disease. We considered long term physical therapy and follow up are need in those cases.

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