

# Erosions Develop Rarely in Joints Without Clinically Detectable Inflammation in Patients with Early Rheumatoid Arthritis

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**ABSTRACT. Objective.** To study whether clinically observed tenderness and/or swelling of a wrist joint over the first 3 years after diagnosis predict the development of erosions in radiographs of the same joint at 5 years in patients with early rheumatoid arthritis (RA).

**Methods.** A total of 58 patients with recent onset RA were enrolled in a prospective RA study at Jyväskylä Central Hospital in 1983-85. Physical examination including joint counts was performed 6 times over 3 years (at 0, 6, 12, 18, 24, and 36 mo). Radiographs of hands and feet taken at the 5-year visit were scored according to the Larsen method (0-1 = non-erosive; 2-5 = erosive). At each visit, the wrist joints were assessed for tenderness (0/1) and swelling (0/1). A frequency (ranging from 0 to 6) was calculated for 4 inflammation categories — tenderness, swelling, tenderness or swelling, and tenderness and swelling — over the 3 years. Percentages of wrist joints with erosions on the 5-year radiographs were calculated for the frequency groups 0, 1, 2-3, and 4-6 of each category. Two patients died, and 5 wrists were erosive at baseline. Thus the data for 107 wrist joints of 54 patients were available for analyses.

**Results.** A statistically significant correlation was seen in the frequency of clinical inflammation and the development of erosions. Only one (3.3%) wrist with no tenderness in 6 examinations over the first 3 years developed erosions over 5 years, while 13 (59.1%) wrists that were tender 4-6 times in 6 examinations developed erosions. The corresponding percentages were 4.4% and 50.0% for wrists with swelling, 3.4% and 51.6% for wrists with tenderness or swelling, and 6.1% and 75.0% for wrists with tenderness and swelling.

**Conclusion.** Radiographic erosions develop rarely without preceding clinically detectable inflammation in the joints of patients with early RA. (J Rheumatol 2003;30:2580-4)

## Key Indexing Terms:

EARLY RHEUMATOID ARTHRITIS    EROSION    PREDICTION    RADIOGRAPHIC

The issue regarding the association between clinically detectable synovitis and bone destruction in rheumatoid joints has provoked attention for decades. In centers where subsequent clinical examinations of joints are recorded routinely, and radiographs of hands and feet are taken annually, the clinical impression of rheumatologists is that erosions develop in joints with preceding inflammation<sup>1</sup>. More recently, it has been suggested that clinical manifestations of joint inflammation and development of bone erosions in rheumatoid arthritis (RA) are results of different pathological processes<sup>2,3</sup>. Therefore, erosions would

develop unpredictably in joints that do not show tenderness or swelling in clinical examination. Indeed, inflammatory activity in RA tends to remain stable or even improve over periods of 5 to 10 years while joint damage progresses<sup>4</sup>. However, when individual joints are followed separately, a significant association can be found between persistent clinical synovitis and joint destruction<sup>1,5-8</sup>. Further, magnetic resonance imaging (MRI) shows clearly that bone damage is associated with preceding synovitis<sup>9</sup>.

Clinical examination of joints can be performed at every clinic visit, and may provide important information if carefully performed and recorded. We analyzed the data obtained from one of our cohorts of patients with early RA<sup>5</sup> to study whether tenderness and/or swelling in wrist joints over the first 3 years of RA predict the development of erosions of the same joints at 5 years after the diagnosis.

## MATERIALS AND METHODS

A total of 58 patients with early RA were enrolled in an early RA study at Jyväskylä Central Hospital in 1983-85<sup>5</sup>. The mean age of the patients was 48.0 years, duration of symptoms less than 2 years (mean 8.1 mo); 73% were female, 79% were rheumatoid factor positive, and all met the American College of Rheumatology criteria for RA<sup>10,11</sup>.

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Physical examination including assessment of wrists for tenderness (0/1) and swelling (0/1) was performed 6 times over 3 years by the same observer (TM): at baseline and at 6, 12, 18, 24, and 36 months.

Monitoring of patients included radiographs of hands and feet taken at baseline and every one to 2 years thereafter. Radiographs were scored according to the Larsen method<sup>12-14</sup>. The radiographs were evaluated by Kaarela and Sokka<sup>15</sup>, all radiographs of one patient at the same time, in chronological order, blinded to information concerning patient's disease course and outcomes. For the purposes of the study, Larsen scores for the wrist joints at 5 years were dichotomized: a score of 0 or 1 referring to no erosion, and scores 2-5 indicating erosion.

**Statistics.** Descriptive statistics were used. For each wrist, a frequency was calculated for 4 inflammation categories — tenderness, swelling, tenderness or swelling, and tenderness and swelling — over the 3 years. For example, if the wrist was tender 3 times in 6 examinations, the frequency for tenderness was 3. Percentages of wrist joints with erosions on the 5-year radiographs were calculated for each frequency group (0, 1, 2-3, 4-6) of each of the 4 inflammation categories.

Since we found that the percentage of wrists with erosions increased in parallel with the increasing frequency of tenderness and/or swelling, we used the Cochran-Armitage test to examine whether the trend was statistically significant.

Statistically it would be preferable to use only one wrist of each patient, because of the interdependency of the wrists within the patient. Therefore, we also ran the analyses for the right wrists only, as well as for the left wrists only. The results were convergent with the total data. Thus, only the results for the total data are shown.

Two patients died during the first 5 years and were excluded from the analyses. Five wrists with erosive changes at baseline were also excluded. Thus, data for 107 wrist joints of 54 patients were available for calculations. Analyses were performed with the SPSS 11.0 and STATA 7.0 software.

The study was approved by the Ethics Committee of Jyväskylä Central Hospital.

## RESULTS

Erosions developed in a total of 25 (23.4%) wrist joints during the 5-year period. A statistically significant trend ( $p < 0.001$ ) was seen in the frequency of the categories of clinical inflammation in the wrist over the 3 years of followup and the presence of erosions of the same joint at the 5-year radiographs (Table 1, Figure 1).

Only one (3.3%) wrist without tenderness and 2 (4.4%) wrists without swelling in 6 examinations over the first 3 years had developed erosions after 5 years, while 13 (59.1%) wrists that were tender 4-6 times and 7 (50.0%) wrists that were swollen 4-6 times in 6 examinations had developed erosions during the followup. The corresponding percentages were 3.4% and 51.6% for the wrists with tenderness or swelling, and 6.1% and 75.0% for wrists with

Table 1. Percentage of wrists that developed erosions after 5 years, according to the frequency of an inflammation category over the first 3 years.

Category	Larsen Score at 5 Year Visit		Total
	0-1, Non-erosive (%)	2-5, Erosive (%)	
Frequency of tenderness over 3 yrs			
0	29 (96.7)	1 (3.3)	30
1	26 (89.7)	3 (10.3)	29
2-3	18 (69.2)	8 (30.8)	26
4-6	9 (40.9)	13 (59.1)	22
Total	82 (76.6)	25 (23.4)	107
	$p < 0.001^*$		
Frequency of swelling over 3 yrs			
0	43 (95.6)	2 (4.4)	45
1	21 (80.8)	5 (19.2)	26
2-3	11 (50.0)	11 (50.0)	22
4-6	7 (50.0)	7 (50.0)	14
Total	82 (76.6)	25 (23.4)	107
	$p < 0.001^*$		
Frequency of tenderness or swelling over 3 yrs			
0	28 (96.6)	1 (3.4)	29
1	23 (88.5)	3 (11.5)	26
2-3	16 (76.2)	5 (23.8)	21
4-6	15 (48.4)	16 (51.6)	31
Total	82 (76.6)	25 (23.4)	107
	$p < 0.001^*$		
Frequency of tenderness and swelling over 3 yrs			
0	46 (93.9)	3 (6.1)	49
1	23 (76.7)	7 (23.3)	30
2-3	11 (55.0)	9 (45.0)	20
4-6	2 (25.0)	6 (75.0)	8
Total	82 (76.6)	25 (23.4)	107
	$p < 0.001^*$		

\* Cochran-Armitage trend with Monte-Carlo p values.

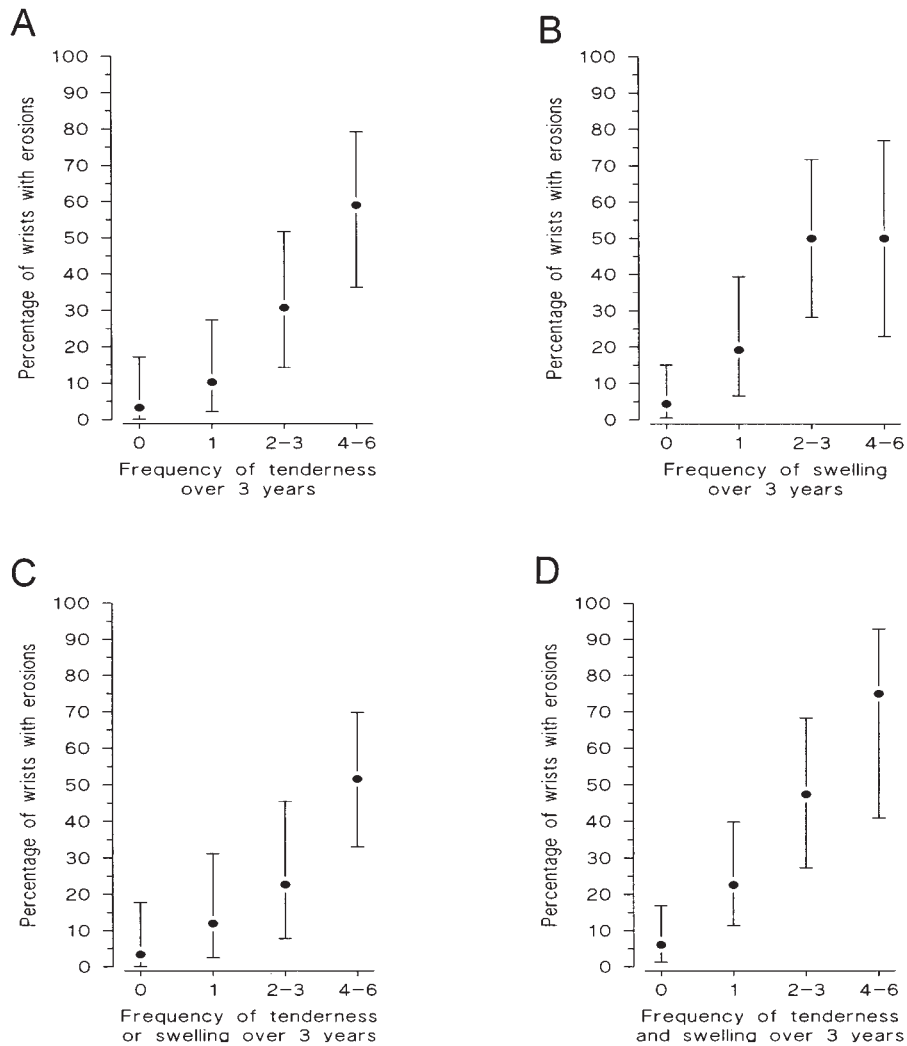


Figure 1. Percentage of wrists (95% CI) that developed erosions within 5 years, according to the frequency of an inflammation category over the first 3 years.

tenderness and swelling 0 times versus 4–6 times, respectively (Table 1, Figure 1).

## DISCUSSION

The data presented here reconfirm the well established but recently less appreciated reports that rheumatoid erosions rarely appear in the joints without preceding clinically detectable inflammation. In the study by Luukkainen, *et al*<sup>1</sup>, the Larsen erosion score increased in only 2 of 37 (5.4%) normal wrists (no tenderness and no swelling in 3 subsequent examinations) over 3 years. A previous report<sup>5</sup> on the patients in our cohort showed that only 20 (4%) of 510 proximal interphalangeal (PIP) joints that did not show tenderness or swelling in 5 subsequent examinations developed new erosions over 2 years<sup>5</sup>. Only 11% of the wrists with clinical inflammation 0–1 time in 5 examinations over one year showed radiographic progression in the study by van

der Heide, *et al*<sup>6</sup>. Further, Hassell, *et al*<sup>7</sup> reported that only 1.4% of PIP joints without clinically detectable inflammation in 3 examinations over 6 months showed 2 or more erosions in the 2-year radiographs, and 11% showed any erosive changes. Finally, a recent report regarding the COBRA trial, using more elaborate statistics, concluded that “local expression of disease activity is strongly related to the progression of damage in the individual joint”<sup>8</sup>.

Clinical examination of joints is prone to measurement errors. Indeed, lack of recorded tenderness and/or swelling of a joint that subsequently develops erosions may well be a measurement error rather than true absence of inflammation. Further, the interval with no information on the joint status between subsequent clinical examinations is several months in most cases. Therefore, more objective methods to detect synovitis have been called for. In the study by Möttönen, *et al*<sup>16</sup>, repeatedly inactive joints on the bone scan

(<sup>99m</sup>technetium methylene-diphosphonate) over one year did not develop erosions over 2 years, while all but one of 47 joints that showed erosions at 2 years were active on the bone scan at all 3 subsequent examinations. More recently, sonography and magnetic resonance imaging (MRI)<sup>17-20</sup> have been used to predict and detect early erosions of individual joints with the suggestion that bony changes in RA are secondary to synovitis<sup>9,20</sup>. However, while MRI and sonography remain useful as research tools only, repeated clinical examination of joints for tenderness and swelling is a cheap and always available measure for joint assessment.

The reports by the Kirwan group<sup>2,3,21</sup>, to our knowledge, are the only ones in which no statistically significant correlation between clinically observable inflammation in individual joints and progression of radiographic erosions could be observed. However, they found progression of erosions at 2 years in 37% of the joints with synovitis (both tenderness and swelling simultaneously) recorded in at least 4 of 9 examinations. In our study the figures were comparable to Kirwan's results. A total of 23% and 52% of the joints with simultaneous tenderness and swelling 2–3 times and 4–6 times in 6 examinations, respectively, developed erosions at 5 years.

The data presented here do not explain why 23–50% of joints do not develop erosions while the frequency of tenderness and/or swelling suggests persistent inflammation (4–6 times of 6 occasions). An explanation might be the amount of inflammation of the joint as shown in an MRI study<sup>9</sup> — the observation of tenderness and/or swelling was only dichotomized in our study, and severity of inflammation was not categorized. Further, all patients in our cohort were treated with disease modifying antirheumatic drugs, and systemic and local steroids were used when needed. While these drugs alleviate the signs and symptoms of inflammation in RA, they also retard development of erosions<sup>22</sup>, although the exact mechanisms of their actions remain largely unknown. On the other hand, experimental data suggest that inflammatory and destructive mechanisms in arthritides may differ at the molecular level; while tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ) is the primary cytokine used to determine the inflammatory activity, interleukin 1 (IL-1) appears to act as the driving agent in the erosive process<sup>23</sup>. TNF- $\alpha$  also triggers the production of additional proinflammatory mediators including IL-1<sup>24</sup>.

One of the limitations of our study is that it involved wrist joints only. Further, clinical data over only the first 3 years were analyzed, and there was a 2-year gap between the data of the last clinical assessment and the radiographic evaluation. However, it is known that there is a time lag between active joint inflammation and joint erosions<sup>25</sup>. Nevertheless, the results of our study support the findings of several previous reports that joint erosions do not appear randomly but are preceded by clinically detectable symptoms and signs of inflammation in individual joints. Despite

the development of new imaging modalities with excellent discrimination properties to detect erosive changes early, their applicability and availability remain poor. Thus, careful repeated clinical examination of joints is not only an irreplaceable measure to guide therapy in patients with RA, but it is also a valuable method to predict erosiveness on clinical grounds.

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