

Beyond Dry Eyes and Mouth: Cramp Fasciculation Syndrome Revealing Primary Sjogren's Syndrome



Anandvardhan Sharma¹, **Varun Kumar Singh¹**, Rameshwar Nath Chaurasia¹, Pratishtha Sengar², Deepika Joshi¹, Abhishek Pathak¹, Vijaya Nath Mishra¹, Anand Kumar¹

¹Department of Neurology, ²Department of Pathology, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Uttar Pradesh



Case Description

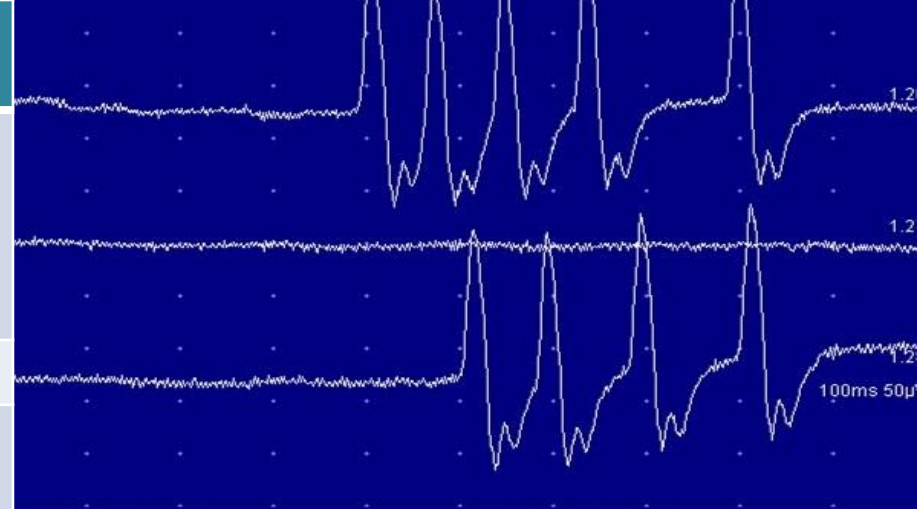
- ✓ 26-year-old male, with no comorbidities presented with grittiness of eyes, dryness of mouth, bilateral calf pain, cramping type, worsened by walking and relieved partially by massaging/ compresses for 2 months.
- ✓ Muscle twitching started from calves progressing to arms, forearms, and trunk.
- ✓ Social impact: stopped wearing shorts and half sleeves shirts due to stigma

Examination

- ✓ Vitals: normal
- ✓ General examination: unremarkable.
- ✓ CNS examination: Continuous fasciculations in thighs, calves, arms, forearms, back.



| Investigations | |
|--|--|
| CBC, LFT, RFT, TFT ESR, CRP, Lipid Profile, Calcium, Phosphorus, Vitamin D, B12 | Normal |
| Viral markers | Negative |
| Autoimmune encephalitis panel (LGI1, CASPR2) | Negative |
| ANA profile | anti Ro-52/ SSA and anti La/ SSB 2+ positivity |
| Complements | Normal |
| Shirmer test | < 5 mm in both eyes (positive) |
| Electrophysiology | |
| Nerve Conduction Study | Normal |
| Electromyography | 1. Spontaneous activity: <input type="checkbox"/> Fasciculation potentials present (doublets, triplets and quadruplets) 2. MUAPs: <input type="checkbox"/> Neurogenic pattern |



Diagnosis
 Cramp Fasciculation Syndrome (CFS)
 secondary to Primary Sjogren's
 Syndrome (pSS)

Clinical Course
 ✓ Patient was managed with pulse
 dose of methylprednisolone (1gm per
 day) followed by oral steroids
 (1mg/kg body weight) and tablet
 oxcarbazepine 600mg/day
 ✓ Pain and twitching improved after 1
 week of treatment.
 ✓ Treating primary illness?

Discussion

- ✓ CFS: Rare disorder, part of peripheral nerve hyperexcitability spectrum
- ✓ Pathogenesis: Autoantibodies against VGKC/CASPR2 → Nerve hyperexcitability
- ✓ Sjogren's: autoimmune connective tissue disorder; neurological involvement in 8.5-70% cases
- ✓ Usual neurological manifestation: sensory polyneuropathy
- ✓ Our case: rare presentation of CFS as initial manifestation of pSS

Conclusion

- ✓ Always evaluate systemic autoimmune disease as possible cause of CFS

References

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- Katirji B. Peripheral nerve hyperexcitability. Handb Clin Neurol. 2019;161:281-290.