

## もしかして自己炎症かも？ ドクターGが語る自己炎症疾患、虎の巻 for Generalists

It might be autoinflammation?

Doctor G talks about autoinflammatory diseases, clinical pearls for Generalists

大阪医科薬科大学病院総合診療科

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**対象者** 医師, 若手医師 (卒後 16 年以内), 後期研修医 (卒後 3 年以上), 初期研修医 (卒後 1-2 年目), 学生

**Target** Doctor, Early Career Physicians, Senior Resident, Resident (1-2 years after graduation), Medical Student

皆さんは自己炎症疾患と聞いてどんな病気を想像されますか？慢性的な炎症がおこる病気？自己免疫疾患とどう違う？小児に多い？遺伝的な要素が強い？かなり珍しい病気なのでは？

確かに希少な遺伝性疾患群として、小児科領域では多くの自己炎症疾患が知られていますが、内科の医師が関わる成人領域の診療場面にも、自己炎症疾患は現れてきます。

本日は、成人領域での自己炎症疾患の鑑別診断についてお話をしてから、内科医として特に知っておいて欲しい3つの疾患、家族性地中海熱、TNF受容体関連周期性症候群、PFAPAを取り上げて解説します。自己炎症疾患の特徴は「繰り返す発熱+ $\alpha$ 」ですが、繰り返しのパターンや+ $\alpha$ に関しては、鑑別をする場合の一定のポイントがありますので、非典型例のバリエーションも含め、一緒に学んでいきましょう。

What kind of illness do you imagine when you hear of autoinflammatory disease?

Is it a disease that causes chronic inflammation? How is it different from an autoimmune disease? Is it common in children? Are genetic factors strong? Isn't it a rare disease?

Many autoinflammatory diseases are indeed known in the pediatric field as a rare group of hereditary diseases. However, they also appear in the clinical practice of adult patients with medical doctors.

Today I will discuss the differential diagnosis of autoinflammatory diseases in the adult field, then focus on three diseases that physicians should be especially aware of: Familial Mediterranean fever, TNF receptor-related periodic syndrome, PFAPA. The characteristic of autoinflammatory diseases is "repeated fever +  $\alpha$ ", and there are certain points when differentiating repetitive patterns and +  $\alpha$ . Let us learn together, including variations of atypical cases.