

Symptoms/Sign/Obsolete/Evergreen/New

SICCA Syndrome As a Cause of Very High ESR

OP Kapoor

Dryness of the mouth is a very common symptom complained by the patients. If such a patient has very high ESR and also complains of dryness in eyes and lack of tears, Sicca Syndrome should be excluded. These patients may have enlarged parotid glands. On investigating one would find most of the blood tests seen in connective tissue disorders as positive, for example ANA, Direct Coombs'

Ex. Hon. Physician, Jaslok Hospital and Bombay Hospital, Mumbai, Ex. Hon. Prof. of Medicine, Grant Medical College and JJ Hospital, Mumbai 400 008.

test, Anti-phospholipid antibodies, Rheumatoid factor, SSA and SSB antibodies etc. There is no special treatment for these patients. They can be prescribed artificial tear drops. Such patients are prone to get lymphomas.

Finally, I would like to stress that if one is looking for a cause of very high ESR (> 100 mm at end of one hour) and there is no serious organic illness, ask for complaints of dryness of eyes and mouth and exclude Sicca Syndrome.

AMBULATORY BLOOD PRESSURE AND CARDIOVASCULAR RISK

'Daytime blood pressure adjusted for night-time blood pressure predicts fatal combined with non-fatal cardiovascular events, except in treated patients, in whom antihypertensive drugs might reduce blood pressure during the day, but not at night'

Raised nocturnal blood pressure is thought to be a predictor of an increased risk of stroke and cardiovascular complications. However, results of a study by Jose Boggia and colleagues suggest that the prognostic significance of daytime and night-time ambulatory blood pressure and the night-to-day blood pressure ratio depends on the outcome under study. For fatal endpoints, the night-time blood pressure was a better predictor than that during the day, and the night-to-day ratio predicted total, cardiovascular, and non-cardiovascular mortality. In a Comment, Stephane Laurent discusses the findings of the study in the context of our current understanding of the predictive power of blood pressure in a clinical setting.

Lancet Infect Dis 2007; 7 : 1192, 1219.