

Behçet's disease

Behçet's disease, or Behçet's syndrome, is a rare and poorly understood condition that results in inflammation of the blood vessels and tissues.

Confirming a diagnosis of Behçet's disease can be difficult because the symptoms are so wide-ranging and general .

Symptoms

The main symptoms of Behçet's disease include:

- 1- mouth ulcers
- 2- red, painful eyes and blurred vision
- 3- acne-like spots
- 4- headaches
- 5- painful, stiff and swollen joints

In severe cases, there's also a risk of serious and potentially life-threatening problems, such as permanent vision loss and strokes.

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Causes

The cause of Behçet's disease is unknown, although most experts believe it's an auto inflammatory condition.

An auto inflammatory condition is where the immune system – the body's natural defence against infection and illness – mistakenly attacks healthy tissue.

It's not clear what triggers this problem with the immune system, but 2 things are thought to play a role:

1- genes .

2- environmental factors .

Diagnoses

There's no definitive test that can be used to diagnose Behçet's disease.

Several tests may be necessary to check for signs of the condition, or to help rule out other causes, including:

blood tests

urine tests

scans, such as X-rays, a CT scan or an MRI scan

a skin biopsy

a pathergy test – which involves pricking your skin with a needle to see if a particular red spot appears within the next day or two; people with Behçet's disease often have particularly sensitive skin

Current guidelines state a diagnosis of Behçet's disease can usually be confidently made if you've experienced at least 3 episodes of mouth ulcers over the past 12 months and you have at least 2 of the following symptoms:

1- genital ulcers.

2- eye inflammation.

3- skin lesions (any unusual growths or abnormalities that develop on the skin).

4- pathergy (hypersensitive skin).

Treatment

There's no cure for Behçet's disease, but it's often possible to control the symptoms with medicines that reduce inflammation in the affected parts of the body.

These medicines include:

steroids – powerful anti-inflammatory medicines

Immuno suppressants – medicines that reduce the activity of the immune system.

biological therapies – medicines that target the biological processes involved in the process of inflammation.

