

## **Paget's Disease of Bone: Diagnosis and Treatment**

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Please cite this article as: Farhat A. et al. Paget's Disease of Bone: Diagnosis and Treatment. Middle East Journal of Age and Ageing. 15(3):17. DOI: 10.5742MEJAA.2018.93519

### **ABSTRACT**

**Introduction:** Paget's disease of bone (PDB) is very frequent in the elderly. The aim of our study was to identify the epidemiological, clinical and paraclinical features of the PDB.

**Material and methods:** Retrospective study of 18 cases of PDB collected in the rheumatology department in Monastir-Tunisia between 1997-2018.

**Results:** 11 men and 7 women with a mean age of 63 years [29-85] were studied. The most represented age group was above 60 years (50%). The discovery of the PDB was fortuitous in 27.8%. The discovery circumstance was localized bone pain (77.78%) and joint pain (33.33%). The most affected bones are the pelvis (42.85%), the spine (14.28%) and the proximal extremity of the femur (7.14%). Many complications were found in 61.11%: pagetic bone fracture (5.56%), sarcomatous degeneration (22.22%), pagetic hip disease (22.22%) and neurological complication as deafness (16.7%) and headache (5.56%).

X-ray radiography had shown pelvic location in 83.3% often unilateral (93.33%). Skull involvement was found in 16.7% with osteoporosis circumscripta. The spine was affected in 22.22% with predominance of signs at the lumbar region. A frame vertebra was found in 11.11% (L1 and L3) and hypertrophy and osteocondensation of L5, S1 and S2 in 5.56% of cases.

A vertebral compression fracture of D11 was found in one case. Bone scintigraphy was performed in 77.78%: half monostotic and half polystotic involvement. Treatment was based on bisphosphonates in 12 cases.

**Conclusion:** The clinical manifestations of the PDB were of variable severity. The knowledge of radiological elementary lesions allows a rapid diagnosis and the use of bisphosphonates seems to improve its control and prognosis.