

WHAT IS BEHCET'S DISEASE?

There are only 3-5 cases of Behcet's disease per 1000,000 people in the U.S.

Behcet's disease is a rare, chronic condition that causes blood vessels to swell throughout the body. This condition is not well understood and can be difficult to diagnose, since the symptoms are so wide-ranging and can be shared with a number of other conditions. Behcet's can potentially affect all organs, including the central nervous system. Along with the common symptoms, Behcet's can also cause more serious complications such as vision loss, blood clots, and gastrointestinal, brain, or spinal cord problems.

01 | Causes

The exact cause of Behcet's disease isn't fully understood, although most experts believe that it is an autoinflammatory condition. It is likely that a combination of gene changes and environmental factors plays a role in triggering the condition.

02 | Symptoms

Symptoms of Behcet's disease vary depending on which parts of the body the condition affects. Some common symptoms can include:

- Tremors, often starting in one hand or fingers
- Painful, recurrent mouth sores resembling canker sores
- Genital sores
- Eye inflammation
- Joint pain
- Vein inflammation
- Skin lesions resembling acne
- Intestinal problems
- Inflammation of the brain and spinal cord

03 | Treatment

Treatment is aimed at reducing inflammation and preventing organ damage. Treatment options can vary depending on the severity and symptoms of the disease. Topical steroids are often recommended to treat the skin and genital sores. If the disease progresses, immunosuppressants and biologic medications may also be required.

For more information on Behcet's disease, please visit aiarthritis.org.

Did You Know?

Behcet's disease is most common in Northern Turkey, the Mediterranean basin and Middle East, and the Far East.

References

<https://www.mayoclinic.org/diseases-conditions/behcet-disease/diagnosis-treatment/drc-20351331>

<https://www.nhs.uk/conditions/behcets-disease/>

<https://my.clevelandclinic.org/health/diseases/12980-behcets-disease>

<https://vasculitisfoundation.org/education/vasculitis-types/behcets-syndrome/>