

급성간질폐렴을 동반한 피부근육염 환자에서 폐이식 1례

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염증근육염에서 폐침범이 있으면 예후가 나쁘며, 특히 급성 간질폐렴의 경과를 보이는 경우 치명율이 매우 높다. 저자들은 급성간질 폐렴의 양상을 보이는 피부근육염 환자에서 폐이식을 한 증례를 경험하였기에 보고하는 바이다. **증례** : 이전에 건강하였던 51세 남자가 양쪽 눈과 얼굴, 목뒤통미와 양쪽 손허리손가락관절에 홍반을 주소로 입원하였다. 근위부 근력은 사지에서 모두 grade V였고, 크레아틴키나아제는 1273 IU/L (20-270), 젖산탈수소효소는 295 IU/L (100-225), 미오글로빈 162.6 ng/ml (14.3-65.8)으로 상승되어 있었고 anti Jo-1 antibody는 음성이었다. 근전도검사서서 활성 근육병증을 시사하는 소견이 관찰되었으며, 허벅지와 위팔의 자기공명영상에서 다발성으로 국소적인 신호강도의 증가소견을 보여 피부근육염으로 진단받았다. 흉부컴퓨터단층촬영에서 양쪽 폐 하엽에 반점형 경화를 보여 간질폐렴(폐쇄세기관지기질화폐렴 양상)이 동반된 것으로 생각되었고, 악성종양에 대한 검사에서는 특이소견이 없었다. 환자는 하루 prednisolone 70 mg 사용하면서 퇴원하였다. 퇴원 3주째 환자가 기침을 호소하였고, 퇴원 6주째 신체검진에서 양측폐에 수포음이 증가되어 하루 azathioprine 50 mg 투여를 시작하였으나 퇴원 7주째 기침이 더욱 증가하고, 흉부방사선사진에서 폐병변이 증가되어 재입원하였다. 입원 후 trimethoprim-sulfamethoxazole, ganciclovir를 투여하였고 폐생검에서 diffuse alveolar damage with hyaline membrane formation, focal lymphocyte infiltration이 관찰되어 prednisolone 60 mg, cyclosporine, IV immunoglobulin, cyclophosphamide, rituximab 등을 투여하였으나 악화되어 extracorporeal membrane oxygenation을 시행받았고, 2차 입원 1개월 만에 뇌사자로부터 폐를 기증받아 양쪽 폐이식을 시행받았다. 폐이식후 1개월 경과한 상태로 일반병동에서 근위약에 대한 재활치료 중이다.

Black hairy tongue in Interstitial lung disease with Rheumatoid arthritis

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Black hairy tongue is a benign disorder characterized by defective desquamation and reactive hypertrophy of the filiform papillae of the tongue. The etiology is unclear, but the disorder has been associated with broad-spectrum antibiotic use, candida albicans infection, or poor oral hygiene. It has been observed with highly frequency in males, heavy smokers, intravenous drug users, those who heavily drink coffee and tea, the elderly disabled and immune-compromised patients. A 70-year old woman who presented fever and dyspnea symptoms visited to our rheumatology clinic. She had underlying disease with rheumatoid arthritis and interstitial lung disease (ILD). She was treated with longstanding prednisolone 10 mg/day and anti-rheumatic immune-compromising drugs followed by accompanying arthritis. During the two weeks hospitalizations, her pneumonia symptoms were stabilized with a combined treatment of broad-spectrum antibiotics and low dose steroid. In three weeks later, she noticed black discoloration and hairy change with whole tongue. After the diagnosis of black hairy tongue as a benign disorder, a possible cause as like long term antibiotics treatment was discontinued. Moreover, it was also enforced to gargle and brush her tongue with a soft toothbrush and give more care to her oral hygiene. Thirty days after the cessation of the antibiotics and oral hygiene care, the black discoloration was completely disappeared. Black hairy tongue, also known as lingua villosa nigra, is an abnormal coating of the tongue resulting from elongation of keratinized elongated lingual papillae. Hairy tongue is diagnosed when filiform papillae are elongated more than 3 mm. Often there is many immune-suppressive agents for treat connective tissue diseases as like rheumatoid arthritis, systemic lupus erythematosus, systemic sclerosis, sjogrene disease. Various speculations on the cause of black hairy tongue have been made. Although black hairy tongue is usually cured by removal of these factors, a variety of measures, particularly brushing that area of the tongue with a soft-bristle toothbrush and toothpaste two to three times per day, may aid in resolution.