

Paget's Disease

Increased bone remodelling by osteoclasts and osteoblasts resulting in bone enlargement, deformity and weakness. Cause unknown.

Paget's examination findings

- General inspection
 - Kyphosis
 - Paraplegia (spinal disease)
 - Bone pain
- Hands inspection
 - OA
- Face
 - Frontal bossing of skull
 - Nerve deafness
- Neck
 - Raised JVP (HF due to hyperdynamic circulation)
- Legs
 - Bowed femur
 - Sabre tibia
 - Feel warmth
 - Pathological fractures
 - OA

Epidemiology

- 1-2% of white >55 year olds
- High incidence in UK; low incidence in Asia

Pathophysiology

- Increased bone remodelling by osteoclasts and osteoblasts

Clinical features

- Bone pain
- Bone deformity
 - Sabre (bowed) tibia
 - Kyphosis
 - Frontal bossing of skull
 - Enlarged maxilla
- Pathological fractures
- Nerve deafness and tinnitus (bony compression of CN8)

Investigations

- X-ray/skeletal survey: bone enlargement; cotton wool pattern
- ALP: increased
- Calcium and phosphate: normal
- Urinary/serum hydroxyproline: increased

Management

- NSAIDs
- Bisphosphonates (alendronic acid PO or pamidronate IV)
- Maintain adequate vitamin D and calcium intake

Complications

- Osteosarcoma
- Nerve compression