

Infectious spondylodiscitis in the elderly patients

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Introduction-Objective

- Infectious spondylodiscitis is a rare osteoarticular infection that affect the intravertebral disc and the adjacent vertebral bodies. There is no much data on the particularities of this infection in the geriatric population.
- The aim of our study is to describe the epidemiological, clinical, biological and radiological characteristics of infectious spondylodiscitis in the elderly patients.

Material and Methods

*A retrospective study (January 2014- June 2019)

*A total of 16 elderly patients (aged above 65 years old) were diagnosed with infectious spondylodiscitis.

Results

Epidemiological and clinical characteristics:

- Sex- ratio (M/F) = 1
- Median age= 72,2 years old [65- 81 years old]
- Comorbidities: (Figure1)

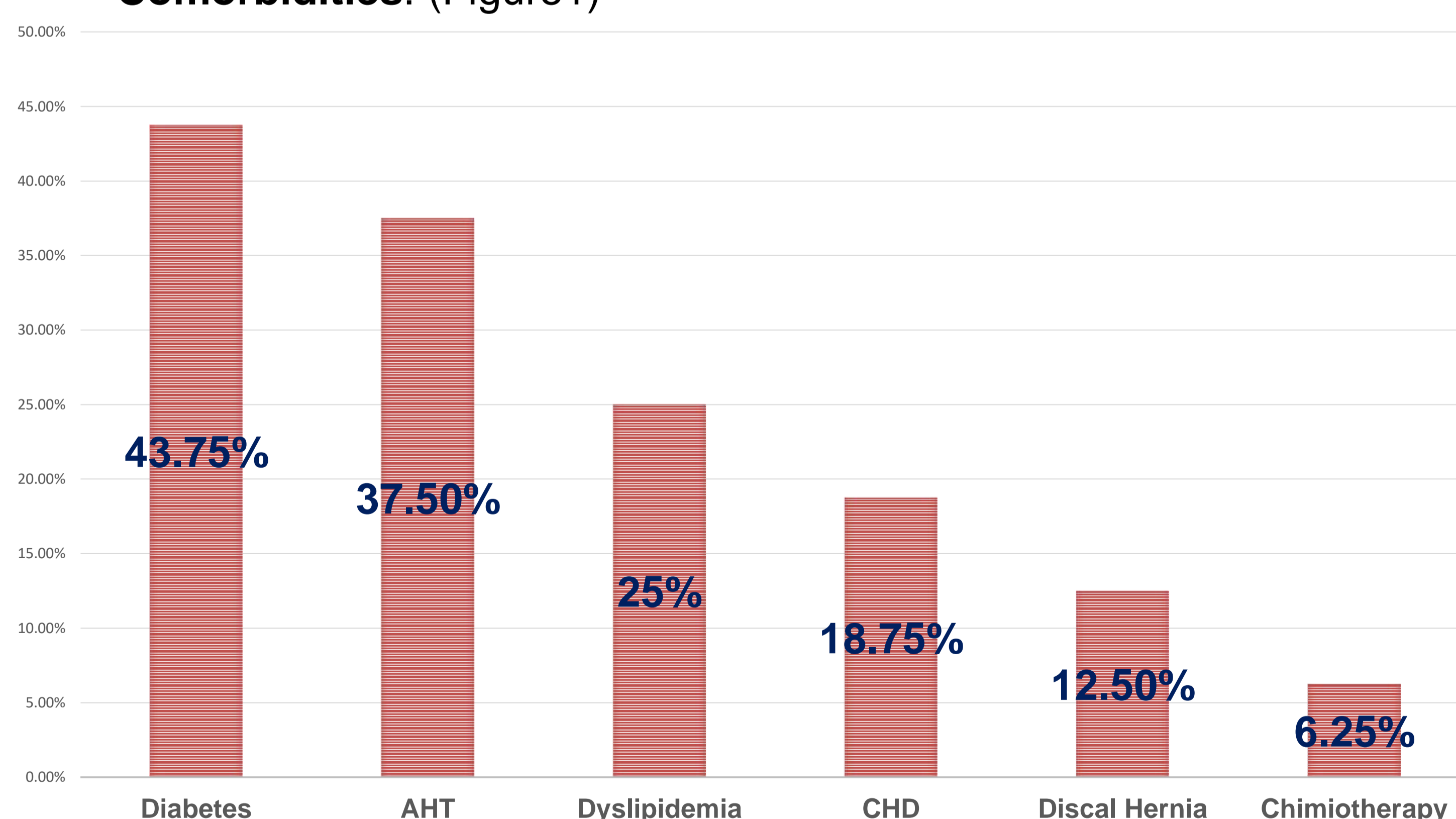


Figure1: The comorbidities

*The delay between consultation and onset of symptoms= 3,5 months (10 days- 12 months)

*Febrile rachialgia is the predominant clinical presentation (12 cases= 75%) (Figure 2)



Figure2: Clinical signs

Biological and radiological characteristics:

*Leukocytosis and elevated C -reactive protein were noted only in 3 cases (18,7%)

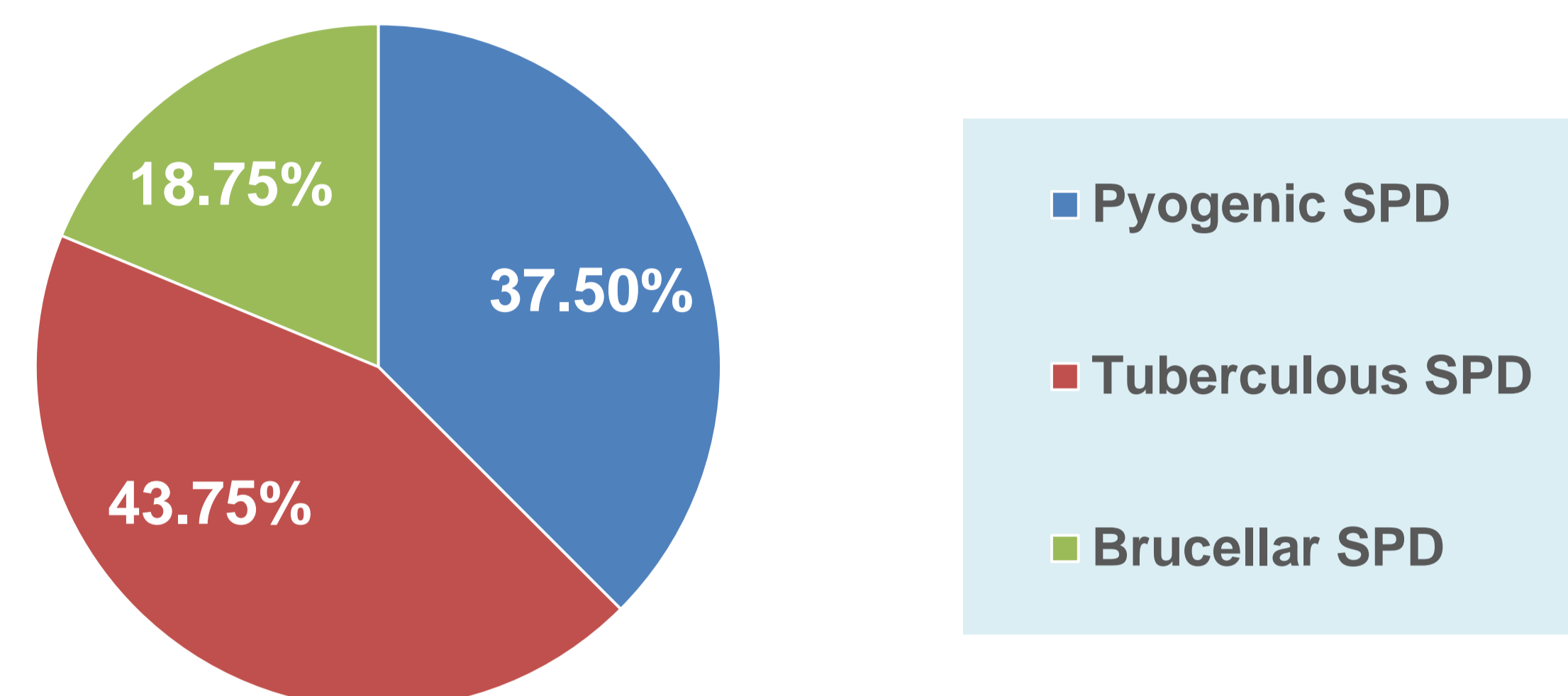


Figure3: origins of spondylodiscitis (SPD)

The location of spondylodiscitis

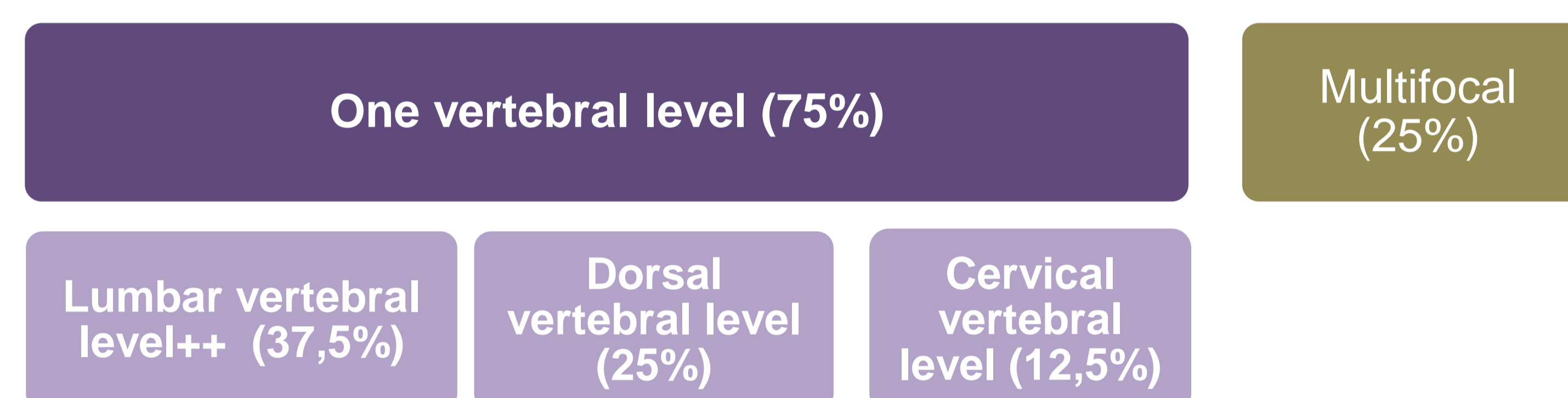


Figure 4: the location of spondylodiscitis

-A micro-organism was detected in one blood culture (*Staphylococcus aureus*)

Complicated aspects of SPD:

- Epiduritis -----→ 50%
- Paraverebral abscess -----→ 25%
- Abscess of psoas -----→ 12,5%

Discussion-Conclusion

Low back pain is a common sign in the older population over 65 years of age that can have many etiologies, The presence of fever is a good indicative of spinal infection as spondylodiscitis,

Besides the advanced age, the presence of underlying diseases such as diabetes and arterial hypertension presents a predisposing factor to SPD, In literature, after *Mycobacterium tuberculosis*, *Staphylococcus aureus* is the common germ identified in spondylodiscitis in the elderly, In our study, this bacteria was found only in one case in the blood culture

In conclusion, he clinical and biological presentation of infectious spondylodiscitis in the elderly doesn't differ so much from that reported in the young population. An early diagnosis can reduce the complications and the mortality rate in such immunocompromised patients.