

AN UNUSUAL DANISH CASE

- A case of universal dystonia that disappeared with anti-inflammatory treatment of the upper airways

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The patient - Tanya Vestergaard

- Born September 21, 1979 in a healthy family, university student
- Started having cramps in August 2006
- Was diagnosed with dystonia October 30, 2006 with EMG
- The diagnosis was generalized dystonia and generalized tremor
- Suffered from repeated inflammations of the throat with high fever (above 40 c)
- Allergic reactions from chickpeas, nuts and tomatoes. No other allergies found.
- Chronic iron shortage and low vitamin D and zinc levels
- Irritable bowel syndrome and constipation
- Chronically underweight
- No signs of:
 - Helicobacter infections
 - mannan binding lectin insufficiency
 - lactose insufficiency
 - Wheat intolerance

Treatment history - before coming to the clinic

Symptoms – symptom score 1-5:

- General: dystonia, tremor, muscle (1) atrophy, breathing severely impaired
- Cognitive: dysarthria, confusion, limited concentration span (2)
- Headaches
- Speech: stuttering, tongue cramps lower voice frequency (3)
- Throat: dysphonia, coughing (4)
- Ears: distorted and impaired hearing, ear aches (5)
- Eyes: impaired eyesight, sensitive to light (5)
- Gastro-intestinal: weight loss, constipation

Diagnosis and treatment:

- Subjective diagnosis by a neurologist
- MRI-scan
- DAT-scan
- Electro-myography
- Diazepam in case of seizures
- Rivotril (form of diazepam)
- Madopar (to rule out dopa-responsive dystonia)
- Peragit (Parkinson medication – used for generalized tremor)
- Physical therapy
- Botox



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Treatment

- at the ear-nose-throat clinic

- Telfast, 180 mg (anti inflammatory treatment) up to 3 per day
- Pulmicort (local steroid/anti inflammatory treatment with minimal absorption) when needed, inhaled to land on the vocal folds

After treatment

Tanya feels generally 98% better
(score 1 out of 5)

Continuing but much lighter symptoms of dystonia:

- Slight general discomfort
- While strenuous physical activity:
 - Right hand tremor
 - Spasm in the left corner of the mouth
 - Fingers double up
 - Muscles of the side of the torso contracting

Conclusion

Tanya condition today

- No muscle atrophy or breathing problems
- No cognitive problems
- No headaches
- No speech difficulties
- No throat problems
- No ear problems
- No eyesight problems
- Is gaining weight

- The results of Tanya's case show that anti-inflammatory medication and inhalation of steroid in the upper airways can ease the symptoms of general dystonia - even to a great extent - in correspondence with recent basic scientific research (especially on mice) by Christie Ludlow and her team.

