



**RELAPSING
POLYCHONDRITIS
FOUNDATION**

The RP Foundation's purpose is to facilitate awareness, education, and research to improve the quality of life for patients with relapsing polychondritis (RP) and advance a cure for this disease.

For more information visit:

AWARENESS + EDUCATION + RESEARCH

Polychondritis.org

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What is Relapsing Polychondritis?

Relapsing polychondritis (RP) is a systemic inflammatory disease of unknown etiology that can be fatal. The disease affects multiple organs, particularly cartilaginous structures such as the ears, nose, airway and joints as well as eyes, skin, vasculature, heart valves and brain.



Diagnosing Relapsing Polychondritis

- + Relapsing polychondritis (RP) is extremely difficult to diagnose.¹
- + There are no available blood tests to make the diagnosis.
- + The diagnosis is based on clinical symptoms and signs that suggest RP.
- + If RP is not diagnosed early and treated effectively, there can be irreversible damage and long-term complications.^{2,3}



Information for Physicians and Other Health Professionals

- + RP should be suspected in a patient with signs and symptoms suggesting inflammation of three of the six following: ears, nose, tracheobronchial tree, eyes, inner ear and joints.
- + Early recognition of the disease can improve morbidity and mortality.
- + Patients with RP require a multidisciplinary medical team in order to provide the best possible care.

Symptoms of RP are Variable and May Include:

- ✓ General malaise, low grade fever, loss of appetite
- ✓ Sore throat, anterior neck pain, hoarseness
- ✓ Pain and redness on the nose
- ✓ Redness and pain on the eyes
- ✓ Shortness of breath, wheezing, dry cough
- ✓ Skin lesions
- ✓ Inflammation, redness, swelling and/or pain in outer (cartilaginous) portions of the ear.
- ✓ Hearing loss, tinnitus, dizziness
- ✓ Joint pain and swelling
- ✓ Rib pain, sternum pain

Possible Complications

- Disability¹⁴
- Tracheomalacia and bronchomalacia⁵
- Hearing loss¹⁰
- Ear and nose deformities⁹
- Subglottic stenosis^{7,8}
- Blindness⁵

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Penn RP Program

In 2020, the RP Foundation partnered with the University of Pennsylvania to launch the Penn Relapsing Polychondritis Program.



A World-Class Referral Center



A New Longitudinal Research Study



Multiple Subspecialists

For more information about the Penn RP Program visit:
Polychondritis.org/UPennRP

RP Study at the National Institutes of Health (NIH)

The RP Foundation supports the multidisciplinary clinical research study at the NIH focusing on the development of classification criteria for relapsing polychondritis led by Drs. Peter Grayson and Marcela Ferrada, of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

If you would like to participate in a relapsing polychondritis study at the NIH and be considered for financial assistance (for patient-related travel) from the Friends of Patients at the NIH, please contact:

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Friends of Patients at the NIH