

# Relapsing Polychondritis: A Case Report of the Use of Adalimumab in Steroid Dependent Disease

Taylor Dimmerling, MD<sup>1\*</sup>, Mohamed Altattan, MD<sup>2</sup>, Nezam Altorok, MD<sup>2</sup>

<sup>1</sup>Division of Internal Medicine, Department of Medicine, The University of Toledo, Toledo, OH 43614

<sup>2</sup>Division of Rheumatology, Department of Medicine, The University of Toledo, Toledo, OH 43614

\*Corresponding author: [taylor.dimmerling@utoledo.edu](mailto:taylor.dimmerling@utoledo.edu)

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**Introduction:** Relapsing polychondritis is a rare chronic immune mediated disease characterized by inflammation in cartilaginous structures. The disease has traditionally been managed with systemic glucocorticoids and immunosuppressive agents such as methotrexate, cyclophosphamide, and mycophenolate.

**Case Presentation:** A 54 year old male with relapsing polychondritis characterized by bilateral conjunctivitis and chondritis of the ear. The addition of adalimumab aided in tapering of high dose steroids after attempts with immunosuppressive agents were unsuccessful.

**Conclusion:** Biologic therapy with TNF- $\alpha$  inhibition can be considered in patients with refractory or steroid dependent relapsing polychondritis.