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Karnellya Ohol
Nursing Tutor, D.Y. Patil College of Nursing, D.Y. Patil Education Society, Kolhapur, Maharashtra, India

Janaki Shinde
Professor, D.Y. Patil College of Nursing, Kolhapur, Maharashtra, India

Corresponding Author:
Janaki Shinde
Professor, D.Y. Patil College of Nursing, Kolhapur, Maharashtra, India

Unveiling the challenges of candle syndrome in pediatrics: A comprehensive review

Karnellya Ohol and Janaki Shinde

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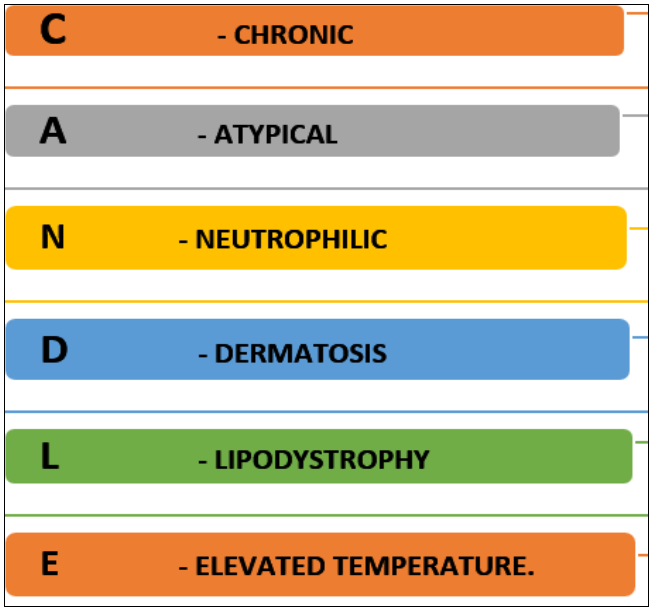
Abstract
Candle Syndrome, a rare and enigmatic medical condition, has eluded comprehensive understanding and effective treatment since its initial documentation. This research paper endeavors to bridge existing knowledge gaps surrounding Candle Syndrome by conducting an in-depth exploration of its etiology, clinical manifestations, and potential therapeutic interventions. The study employs a multidisciplinary approach, integrating insights from genetics, immunology, and neurology to unravel the complex mechanisms underlying Candle Syndrome. Through an extensive review of existing literature, case studies, and clinical data, we aim to identify common patterns and distinct variations in the presentation of the syndrome, facilitating improved diagnostic accuracy.

Keywords: Candle syndrome, pediatrics, challenges, management

Introduction
Candle Syndrome, also known as Chronic Recurrent Multifocal Osteomyelitis (CRMO), presents unique challenges when diagnosed in pediatric patients. This review explores the distinctive aspects of CRMO in children, from its clinical manifestations to the complexities of diagnosis and the evolving landscape of pediatric management.



Clinical Manifestations in Pediatrics
In the pediatric population, Candle Syndrome manifests with distinct clinical features. Unlike its adult counterpart, CRMO in children often involves the metaphyses of long bones and can impact growth plates, leading to potential complications in bone development. Understanding these specific manifestations is crucial for timely recognition and intervention.

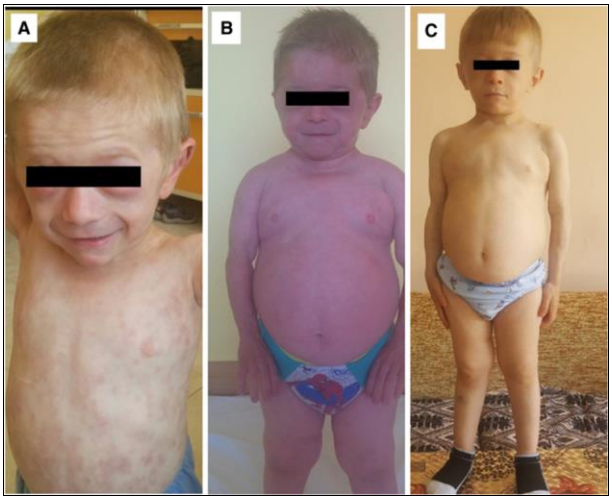


Fig 1: Clinical manifestations in pediatrics

Diagnostic Complexities in Pediatric CRMO

Diagnosing CRMO in children is particularly challenging due to the overlap of symptoms with more common pediatric musculoskeletal conditions. Imaging studies, including MRI and bone scans, play a pivotal role in diagnosis. However, the lack of specific biomarkers often leads to delayed identification. Pediatricians should maintain a high index of suspicion, especially when faced with persistent musculoskeletal symptoms.

Impact on Growth and Development

The impact of CRMO on pediatric patients extends beyond the immediate physical symptoms. Chronic inflammation and treatment modalities may interfere with normal growth and development. Monitoring growth parameters and bone health is essential in the long-term management of pediatric CRMO cases.

Treatment Approaches in Pediatric CRMO

Managing CRMO in children requires a tailored approach. Pain management and anti-inflammatory medications are foundational, but the potential impact on growth necessitates careful consideration of treatment options. Balancing the control of inflammation with preserving skeletal development poses a unique challenge for pediatric rheumatologists.

Psychosocial Implications for Pediatric Patients

Living with a chronic condition like CRMO can have psychosocial implications for children. Beyond the physical symptoms, the unpredictability of flare-ups and the need for prolonged treatment may impact a child's emotional well-being. Integrating psychological support into the overall care plan is vital for holistic management.

Ongoing Research and Pediatric CRMO

Research specific to pediatric CRMO is actively advancing. Studies are exploring the genetic underpinnings, unique inflammatory pathways, and optimal treatment strategies tailored to children. Collaborative efforts between pediatric rheumatologists and researchers are shedding light on the nuances of CRMO in this distinct patient population.

Conflict of Interest

Not available

Financial Support

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Reference

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