Tissue is the issue: A rare case of Collagenous Gastritis

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Introduction

- Collagenous gastritis (CG), collagenous sprue, and collagenous colitis are rare forms of collagenous gastroenteritides marked by subepithelial collagen deposition of more than 10mm(1) and inflammatory infiltrate in the lamina propria.(2-6)
- CG was first identified in 1989. It's a rare disease, with just 100 cases reported so far. (7)
- Here, we present a distinct case of collagenous gastritis.

Case Description

- 52-year-old female with no chronic medical conditions presented with symptoms of mild reflux, epigastric pain, and intermittent diarrhea up to 5 times per day.
- Her mother was diagnosed with lupus and a half-sister with a history of mixed connective tissue disorder.
- Initial upper endoscopy revealed grade B esophagitis and gastritis, biopsies showed CG. Colonoscopy with random biopsies showed no evidence of collagenous colitis.
- She was treated with high dose proton pump inhibitor (PPI) and repeat endoscopy in 4 weeks with biopsies via Sydney protocol was performed.
- Repeat EGD with biopsies per Sydney protocol confirmed CG in all gastric quadrants, except fundus. After stopping NSAIDs and continuing on PPI, her symptoms resolved with a plan for surveillance endoscopy in 6 months.

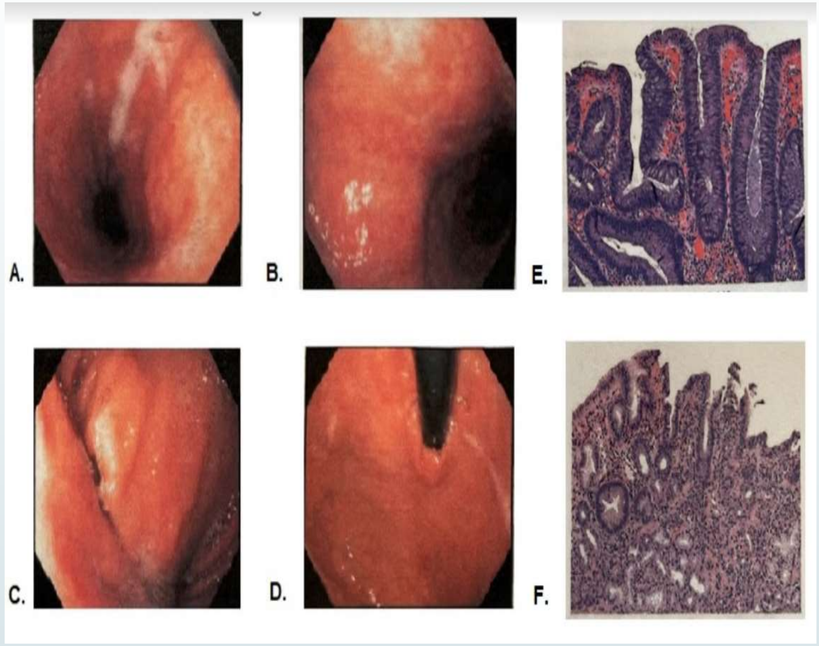

Figure 1: Endoscopic appearance of collagenous gastritis. A, B. body, C. Antrum D. fundus ; E,F: Histology of collagenous gastritis characterized by thickening of sub epithelial basement membrane accompanied by diffuse superficial lymphoplasmacytic infiltrates and surface epithelial degeneration

Conclusion

- In our patient, the diagnosis of CG led to further investigations to rule out possible associated autoimmune diseases.
- The only contributing factor in her case is positive family history. There are very few cases reported in the literature with the possible association of lupus with CG. (8)
- This distinctive case of CG is an important contribution to the limited pool of existing cases as the patient herself did not have any preexisting allergic or autoimmune conditions and it appears that this process occurred idiopathically.
- Given the rarity of the condition and limited literature available, we emphasize the importance of delineated medical guidelines for appropriate screening and surveillance.

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