• Although the case definition is variable, Reactive Arthritis (ReA) -- formerly referred to as Reiter’s Syndrome -- is generally regarded as an inflammatory condition that occurs 1-3 weeks after a gastrointestinal infection with symptoms lasting between 3-12 months.

• Single joint inflammation is the primary symptom, along with inflammation of the eyes and urinary tract, anemia is a secondary complication from ReA.

• Symptoms can present together, alone, or not at all. Some people diagnosed with ReA will develop chronic arthritis.

Infections that can trigger ReA include:

• Salmonella
• Shigella
• Yersinia
• Campylobacter

• There are no laboratory tests to diagnose ReA.
• Men and women are equally like to develop ReA from foodborne pathogens.
• 15-50% of patients will experience a second flare.
• About 50% of people who develop ReA are genetic marker HLA-B27 positive -- even though it is present in less than 10% of the population.

Pathogen-specific Risk of Reactive Arthritis from Bacterial Causes of Foodborne Illness.

A total of 1753 cases of gastroenteritis were identified. ReA incidence ranged from 0 to 4 per 100,000 person-years.

CONCLUSION:
These data are consistent with prior studies and highlight the need for continued primary prevention efforts.