

## Respiratory infections

### **Benign acute childhood myositis during influenza B outbreak.**

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**Introduction:** Benign acute childhood myositis (BACM) is characterized by the sudden onset of calf pain (less commonly thighs or neck), which causes difficulty to walk. BACM develops during the convalescent phase of a febrile upper respiratory tract infection. It affects mainly boys in school age. Although potentially alarming, it is self-limited disease which has strong association with influenza B but not influenza A virus infection. **Objectives:** To describe the local outbreaks and sporadic cases of BACM during the influenza epidemic seasons 2012/2013 and 2014/2015. **Results:** Thirteen children (8 boys) were admitted to the pediatric wards in Wrocław and Opole due to muscle pain and fever (12/13). All children complained about muscle pain, 6/13 refused to walk. Laboratory findings showed increased CPK in 10/13 (378 to 5784 IU/L; median: 1202); increased AST in 7/13 (66 to 214 IU/L; median 110). Negative CRP, leucopenia and time of disease pointed to the relationship with the influenza. Polish National Institute of Public Health confirm a high percentage of type B influenza infections during both epidemic seasons (20,4% and 47%). Before admission 8/13 children were *treated with antibiotics*. Neither of them was *vaccinated against influenza nor treated with neuraminidase inhibitors*. Median admission period was 2 days (range 1-7 days). **Conclusions:** During influenza season pediatricians should consider influenza infection as cause of benign acute childhood myositis. As the disease is benign and prognosis is good, no treatment other than analgesia is required. Antibiotics and neuraminidase inhibitors are not recommended.