

# What is Behçet's Disease?


Behçet's (pronounced beh-CHETS) Disease, also known as Behçet's Syndrome, is a chronic inflammatory disease that may affect multiple organs of the body. Its symptoms, which come and go over time, are thought to be caused by inflammation in the body's blood vessels.<sup>1,2</sup> The exact cause of Behçet's Disease is unknown; however, genetic and environmental factors may play a role.<sup>1</sup>

## What are the symptoms of Behçet's Disease?<sup>1,2</sup>

People with Behçet's Disease may present with multiple symptoms. These symptoms may not occur at the same time. Areas affected by Behçet's Disease may include:

- **Mouth:** Recurrent, painful canker sores (or oral ulcers) in the mouth are the earliest and most common symptom
- **Eyes:** Inflammation in the eye can cause pain, sensitivity to light, or blurred vision
- **Digestive system:** Some of the symptoms include stomach pain, diarrhea, constipation, and intestinal bleeding
- **Genitals:** Red, open sores are often seen on the scrotum or vulva and may leave scars
- **Central nervous system:** Some of the symptoms, including headache, sensory deficits, or memory loss, may occur years after the initial symptoms of Behçet's begin
- **Blood vessels:** Veins and arteries may be affected. This can lead to the formation of blood clots
- **Skin:** Acne-like sores, or reddish, tender nodules can appear
- **Joints:** Swelling and pain may affect the knees, ankles, or wrists

Up to **98%** of people with Behçet's Disease have painful, recurrent oral ulcers<sup>3</sup>



**How prevalent is Behçet's Disease?**

## Prevalence of Behçet's Disease

List of countries with its prevalence<sup>1,2</sup>:

- **Israel:** 15.2 per 100,000 people
- **France:** 7.1 per 100,000 people
- **Sweden:** 4.9 per 100,000 people
- **Germany:** 2.26 per 100,000 people
- **Portugal:** 1.53 per 100,000 people

**Could it be Behçet's Disease?**



A rheumatologist is the first step to the answer

**To learn more about Behçet's Disease, visit [UnderstandBehcets.com](http://UnderstandBehcets.com)**

Help raise awareness with **#BehcetsConnection**

**References:** 1. Zeidan MJ, Saadoun D, Garrido M, Klatzmann D, Six A, Cacoub P. Behçet's disease pathophysiology: a contemporary review. *Auto Immun Highlights*. 2016;7(1):4. 2. Leonardo NM, McNeil J. Behçet's disease: is there geographical variation? A review far from the Silk Road. *Int J Rheumatol*. 2015;2015:945262. 3. Barnes CG. History and diagnosis. In: Yazici Y, Yazici H, eds. *Behçet's Syndrome*. New York, NY: Springer; 2010:7-33.