

Professor Graham R V Hughes MD FRCP

Head of The London Lupus Centre

London Bridge Hospital

www.thelondonlupuscentre.com

Clinical Career

- Qualified at the London Hospital in 1964. Won the Hospital Medicine and Pathology Prizes, as well as the National (Hancock) Prize in Surgery.
- **1969-1970** with Charles Christian in Columbia Presbyterian Hospital, New York, and at the Hospital for Special Surgery, New York, where he was part of the team which introduced anti-DNA assays for the diagnosis and management of SLE.
- **1971** at Hammersmith Hospital where, following the retirement of Professor Eric Bywaters, he became Head of Rheumatology and Reader in Medicine. Set up Europe's first dedicated Lupus Clinic.
- **1975** one year in the University of the West Indies, on secondment from Hammersmith Hospital. Instituted a Rheumatology and Lupus Clinic.
- **1976** set up the Lupus Pregnancy Clinic.
- **1978**, with Cheryl Marcus, a lupus patient, set up the U.K. national patients' association, now named Lupus UK. Professor Hughes is Life President of Lupus UK.
- **1983** described the antiphospholipid syndrome (Hughes Syndrome).
- **1985 – 2005**, Founder and Head, St Thomas Lupus Clinic and Lupus Research Unit. In 1997 the lupus clinic became autonomous and moved to new premises - the Louise Coote Lupus Unit, which currently has 2,500 lupus patients and 800 Hughes syndrome patients on its register. The unit is unique in dealing on a full time daily basis with lupus and related diseases, and includes specialists in renal disease, thrombosis, dermatology and lupus pregnancy.
- 2005, Emeritus Professor of Medicine, St Thomas' Hospital
- 2005 Opened the "London Lupus Centre" at London Bridge Hospital

Research

- Over 900 research publications in peer reviewed journals, dealing with all aspects of rheumatology but, in particular, with the pathogenesis, diagnosis and treatment of lupus and related conditions.
- Original contributions include the clinical introduction of anti-DNA testing, the first paper on plasmapheresis in SLE, the championing of conservative steroid and pulse cyclophosphamide regimes, and the first report of streptococcal reactive arthritis. Proposed IVIG prophylaxis for congenital heart block pregnancies.
- 1983 published the first clinical papers on the antiphospholipid syndrome, and in a series of papers between 1983 and 1986, published the first detailed descriptions of stroke, livedo, renal and liver thrombosis, recurrent abortion, memory loss, and labile hypertension in APS.
- Described immunoassays for antiphospholipid antibodies and introduced the concept of the primary antiphospholipid syndrome (now called Hughes Syndrome).

Publishing

- Published 25 books, including:
 - Connective Tissue Disease (4 editions)*
 - Modern Topics in Rheumatology*
 - Lecture Notes in Rheumatology*
 - Understanding Lupus*
 - Lupus: A Guide for Patients (translated into 13 languages)*
 - Hughes Syndrome: A patients Guide to the Antiphospholipid Syndrome*
 - Rheumatology Top Ten*
 - Hughes Syndrome : Highways & Byways*
 - Sjogren's Syndrome – A Clinicians Guide*
- Founder and Editor of the International journal LUPUS
- On the Editorial Boards of 13 journals
- Numerous chapters and reviews.

Teaching

- 1985 introduced the international 2-day postgraduate meeting “Ten Topics in Rheumatology” at St Thomas’ Hospital, now also held annually in Barcelona, Beirut, Buenos Aires and Rome.
- Regular lecturer at many national and international meetings.
- To date, 57 of Dr Hughes’ trainees are Professors of Medicine or of Rheumatology.

Honours

- Life President, Lupus UK
- Member, American Lupus Hall of Fame
- Editor of international journal LUPUS (now in its 25th year)
- Fellow, British Society for Rheumatology
- Gold Medallist, Philadelphia Society of Medicine 2002
- Winner ILAR International Prize for Rheumatology Research 1993 (awarded every 4 years).
- Docteur Honoris Causa, Marseille University 2001
- Docteur Honoris Causa, Barcelona University 2004
- Master. American College of Rheumatology 2006
- AESKU Lifetime achievement award of the International Society of Immunology 2006
- The Graham Hughes Clinic for Autoimmune Diseases, Madeira – opened June 2016

ORIGINAL RESEARCH CONTRIBUTIONS

1. Introduction of anti-DNA testing to clinical practice (with Dr Charles Christian, Dr Ted Pincus and others).
2. Proposing a more conservative approach to the management of SLE
3. First report of plasmapheresis in lupus (with Dr John Verrier-Jones and others)
4. Vasculitis and hairy cell leukaemia. A new syndrome
5. First major clinical study of impaired CRP response in SLE (with Professor Sir Mark Pepys)
6. First report of functional hyposplenism in SLE.
7. First report of genetic (HLA) influence in drug-induced lupus.
8. First report of streptococcal reactive arthritis.
9. First report of C4 null allele in SLE (with Prof R Batchelor).
10. Description of the antiphospholipid (Hughes) syndrome.

2016 -2017 Update

1. New Charity: Graham Hughes International Charity for Hughes (antiphospholipid) Syndrome (GHIC), aimed at education for both physicians and patients in aspects of Lupus and Hughes Syndrome

2. Opening Lecture, World Lupus Conference, Venice, Italy. September 2016

3. 25th anniversary of the International Journal 'LUPUS'.
Editor: Graham Hughes

4. 30th anniversary of 'Ten Topics in Rheumatology', London. July 2016.
(also held in Barcelona, Beirut and Buenos Aires)

5. New books published:
 - Sjogren's : a guide for patients (Springer)
 - Hughes Syndrome : Highways & Byways (Springer)

6. International Medicine:
 - 150 appointments from abroad each month (including USA)

IMPACT OF HUGHES SYNDROME

Background

In 1983, Graham Hughes reported on a new syndrome. He described in detail the clinical manifestations of the syndrome, including the tendency to thrombosis and to recurrent pregnancy loss.

His description included many of the features now recognised as important, including livedo, stroke, chorea, memory loss, seizures, liver and renal involvement.

He also recognised that the condition could affect arteries as well as veins, and was distinct from lupus.

Dr Hughes and his colleagues set up assays for anticardiolipin antibodies and organised the first of what was to become a regular international conference. The 13th International Conference on Antiphospholipid Antibodies was held in Cyprus last year (2016, with 1,000 participants).

The Present

The syndrome, which was given the name ‘antiphospholipid syndrome’ by Dr Hughes and his team, is now also known as Hughes Syndrome, or more prosaically as ‘sticky blood’.

The condition is common and has impacted on all corners of medicine. Some of the published figures are listed here:

‘One in Five’

- 1 in 5 cases of DVT
- 1 in 5 young (under 45) strokes
- 1 in 5 (under 45) women with angina
- 1 in 5 cases of idiopathic teenage epilepsy

And,

- 1 in 5 cases of recurrent miscarriage

Hughes Syndrome is now quoted as the commonest, treatable cause of recurrent pregnancy loss and has “changed the face of obstetrics”.

“There are 2 new diseases of the late 20th Century, AIDS and Hughes Syndrome”

M.Villardell

Dean of Medicine, Barcelona

Ref: Khamashta MA (Ed) 2006

Hughes Syndrome : antiphospholipid syndrome Springer, 2nd Edition