

DR.DAVID'S TOP 5 QUESTIONS FOR
THE MANAGEMENT OF RHEUMATOID ARTHRITIS [R.A.]

1. What are the treatments for R.A.?

Living with pain and joint stiffness can be difficult. Initially, most patients take remittive medications such as Plaquenil and Methotrexate.

2. How does my Rheumatologist manage R.A.?

Every 2 to 3 months patients will have checkups to assess how the patient is doing. Lab tests , functional questionnaires and sometimes x-rays, ultrasound and MRI will be ordered. These results provide a good internal check up on the activity of RA and the amount of inflammation.

3. What are the Biologic medications and are they safe?

This family of medications attacks the different biologic chemicals that cause the pain and damage of R.A They are administered as self-injection or intravenously in the Rheumatologist's office or hospital.

They have been shown to be very safe for most patients for more than 15 years. They do have some serious side effects that are monitored.

4. Is exercise helpful?

Exercise is good treatment. This should be done daily often using light free weights and low impact stretching exercises. It is best to avoid vigorous exercise during a flare.

5. Are there any diets that help the pain of RA?

On occasion a patient will feel better with a change in his or her diet.Although there are no proven diets which cure RA, Eating a 'heart healthy diet' with less red meats and carbs make good sense .

The prognosis for patients is very promising. There are very effective medical treatments to prevent the crippling deformities of RA. Today ,we talk about both remission and cure for RA.

Early evaluation leads to better outcomes!

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October, 2014