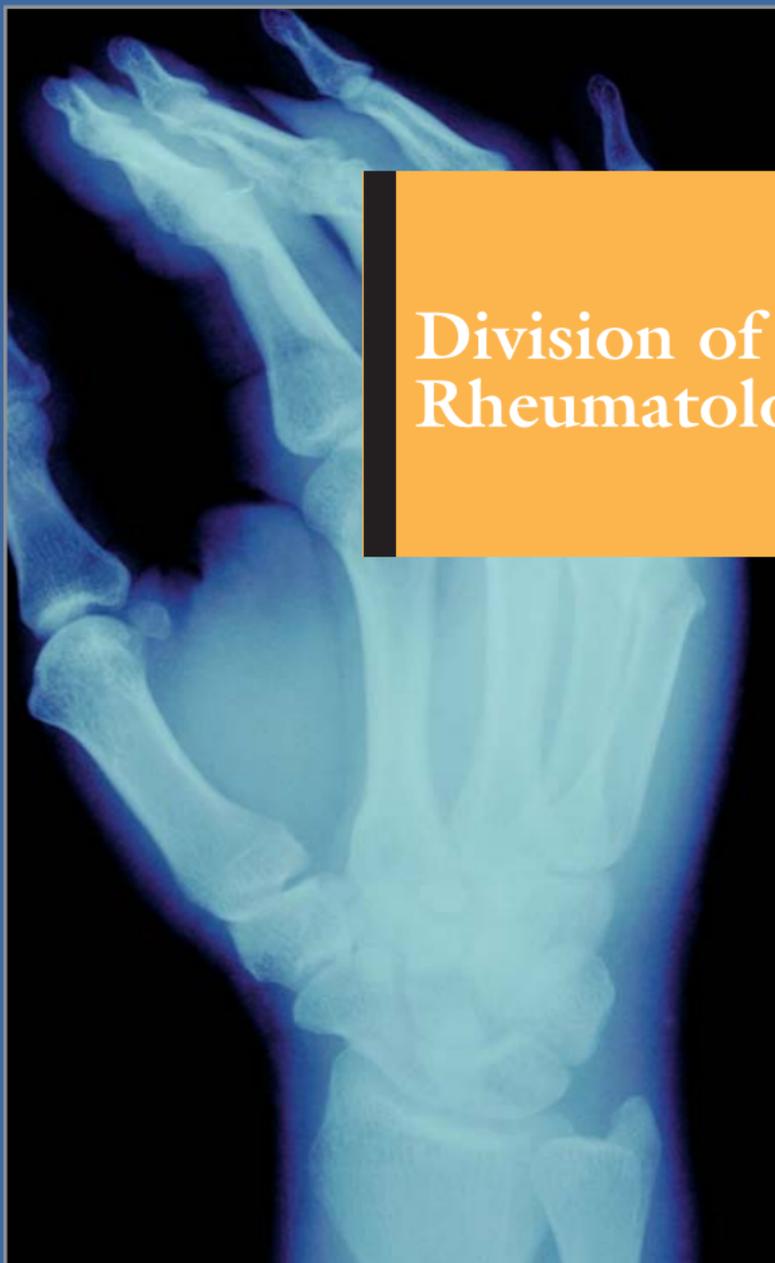


University Hospitals Health System



Division of
Rheumatology

affiliated with



CASE WESTERN RESERVE UNIVERSITY
SCHOOL OF MEDICINE

**University Hospitals
Health System**

University Hospitals
of Cleveland



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Division of Rheumatology

To Our Patients:

We respect your decision to choose us and strive to treat you with the utmost care and compassion. We consider our clinical care and cutting-edge research some of the best in the nation. And we hope to help find ultimate control of and a future cure for rheumatic diseases.

Our Division not only practices with experts in the field, but also it trains the rheumatologists of tomorrow. In doing so, we stay abreast of the latest information on the diagnosis and management of rheumatic conditions.

On behalf of the Division of Rheumatology, I welcome you to our system of health and rheumatology care.

Sincerely,

Ali D. Askari, MD

Professor of Medicine

Director of Rheumatology



**ARTHRITIS AND OTHER
RHEUMATIC DISEASES CAN
AFFECT PEOPLE AT ANY
AGE AND IMPAIR THEIR
OVERALL QUALITY OF LIFE.**

**THAT IS WHY THE DIVISION OF
RHEUMATOLOGY** delivers the advanced care and advanced caring for which University Hospitals Health System is known.

Division Rheumatologists are top professionals who are nationally-recognized and/or have been noted for their publications and research.

They are qualified to properly evaluate, accurately diagnose and efficiently treat a host of rheumatic diseases.

In addition to implementing the latest in rheumatologic developments and technology, the Division's access to UHC orthopaedic surgery, physical and occupational therapy, neuroscience and radiology services gives patients numerous diagnostic and treatment options.

The UHC Division of Rheumatology strives to help make the lives of its patients better, one day at a time.

TOP MEDICAL TALENT

All Division Rheumatologists have had extensive education, training and experience and are board certified in Rheumatology by the American Board of Internal Medicine (ABIM).

**THEY ARE REPUTABLE CLINICIANS...
CUTTING-EDGE RESEARCHERS...
COMPASSIONATE PHYSICIANS.**

UNPARALLELED SUPPORT & RESOURCES

Patients benefit from the support, resources and programs of the Division of Rheumatology

Sjögren's Syndrome Center

Ali D. Askari, MD, founded the Sjögren's Syndrome Center to improve treatment and build awareness of Sjögren's syndrome, as well as to increase research into future remedies and better control of the disease. The Center provides the highest standard of service and care for Sjögren's patients, through its multi-specialty team of physicians who work together to help eliminate the inconvenience of multiple visits to numerous specialists. Advanced care for patients with Sjögren's syndrome starts here.

Comprehensive Clinical & Research Services

The latest medical technologies and clinical breakthroughs are used in the Division's state-of-the-art disease management method, through a multi-disciplinary approach. The Division of Rheumatology's clinical and basic science research efforts focus on expanding the uses of investigational drugs and exploring the safety and efficacy of new treatments.

The Spine Institute

The Division of Rheumatology is a major participant in the University Hospitals of Cleveland Spine Institute, which manages an entire range of spinal care issues, including the treatment of spinal disease and spinal injuries through surgical and non-surgical approaches.

University Hospitals Health System

Chagrin Highlands Medical Center Services

Chagrin Highlands Osteoporosis Center

Rheumatology experts at the Osteoporosis Center at Chagrin Highlands Medical Center can diagnose and treat osteoporosis at nearly any stage. Certified DXA scan technologists perform bone density scans, which are recommended for post-menopausal women, women who've had hysterectomies, people 50 years of age and older, people with eating disorders or patients on chronic prednisone therapy.

Chagrin Highlands Infusion Center

Staffed by a certified peripheral infusion therapist, the Infusion Center at Chagrin Highlands offers advanced care for infusions of biologic agents that are used to treat inflammatory arthritis. Because infusions can last up to several hours, the Center is equipped with accommodations, including a comfortable lounge chair, movie library and snacks.

Chagrin Highlands Medical Center is one of several UHHS suburban community outreach medical centers that helps make it easier for patients to access rheumatology care.



DIAGNOSING & TREATING

Division Rheumatologists diagnose and treat a variety of diseases, including (but not limited to):



Sjögren's Syndrome is an autoimmune disease that mostly attacks the body's moisture-producing glands. The most common symptoms are dry eyes and dry mouth, fatigue, swelling of the joints and salivary glands, difficulty chewing or swallowing and frequent oral yeast infections. Management includes the latest diagnostic and therapeutic approaches and the multi-disciplinary care offered by the Sjögren's Syndrome Center.

Systemic Lupus Erythematosus (Lupus) is an autoimmune disorder that affects women about 8-to-10 times more often than it affects men. Multiple organ systems and body parts can be affected. Symptoms can include joint pain and/or stiffness, abnormal skin rashes and positive antinuclear antibody (ANA) or other abnormal blood tests. The heart, lungs, kidneys and blood could also be affected. Specialized treatments are available for these purposes.

Rheumatoid Arthritis (RA) is a chronic, inflammatory autoimmune disease that causes the body's immune system to attack the lining of the joints. This process often leads to severe damage and disability. The average onset of RA is between 20 and 45 years of age. Although it is more prevalent among women, RA can also affect men. The disease may be genetically transmitted, but it is a controllable one whose treatment has been made easier thanks to a number of medicines, including: corticosteroids, disease-modifying antirheumatic drugs (DMARDs) and biologic agents directed against specific inflammatory processes.

Scleroderma is a rare, chronic, degenerative disease that may cause loss of mobility, fatigue, Raynaud's phenomenon and skin tightness. The Division considers a state-of-the-art diagnostic and multi-disciplinary approach to treatment.

Idiopathic Inflammatory Myopathies (Myositis) are forms of autoimmune illnesses that cause inflammation of the muscles. Other organ systems may also be involved. With the particular talent in the Division of Rheumatology, devastating complications of myositis can be prevented.



**“OUR DIVISION...trains the
rheumatologists of tomorrow.
In doing so, we stay abreast
of the latest information on
the diagnosis and management
of rheumatologic conditions.”**

Vasculitis is inflammation of the blood vessels. Vasculitis as the primary problem or associated with other medical conditions – such as RA or Lupus – can affect multiple organ systems. This disease can lead to symptoms of joint pain, purple spots on the skin, pneumonia-like ailments and high blood pressure. Treatment options may include corticosteroids or medicines that modify the immune system.

Fibromyalgia affects about two percent of the U.S. population. It is a type of soft tissue syndrome that causes musculoskeletal pain and fatigue. Women are seven times more likely to have fibromyalgia than men. Fibromyalgia is characterized by tender points of the body, fatigue and sleep disorders.

Osteoporosis is a disease characterized by decreased bone strength and increased bone fragility. Affected individuals – often post-menopausal women – are at an increased risk of bone fractures. Estrogen loss, aging, steroid use, eating disorders and smoking are risk factors associated with getting osteoporosis.

Osteoarthritis (OA) is the most common form of arthritis: Approximately 20 million-or-more adults in the United States have OA, also called degenerative joint disease. OA is a type of arthritis that affects primarily the cartilage and often leads to joint degeneration with subsequent pain. Medication is one way to relieve some of the discomfort associated with OA, in addition to exercise, weight loss and, in extreme cases, a surgical procedure for which UHC has earned national recognition.

Psoriatic Arthritis causes pain and swelling in the joints. It is typically associated with a skin rash called psoriasis. The arthritis may affect the peripheral joints and/or the spine. Pain can also occur in the wrists, knees, ankles, fingers, toes, lower back and buttocks. Psoriatic Arthritis is treated with anti-inflammatory medicines to reduce pain, stiffness and



swelling. More specialized treatments, including the use of biologic agents, are also available.

Ankylosing Spondylitis – inflammatory arthritis of the spine, joints and ligaments – results in pain and stiffness. It is more common in men. Pain from the disease is alleviated through exercise and medications. Dramatic results with biologic agents are being noted.

Paget’s Disease of the Bone (PDB) causes both the destruction and the rebuilding of bones to accelerate, thereby decreasing bone strength and leading to pain, discomfort, potential bowing of the legs, enlargement of the head and fractures. Treatment of PDB requires a multi-disciplinary approach on which Division Rheumatologists can focus.

Raynaud’s Phenomenon occurs when blood vessel constriction causes extremities to become cold and discolored. Raynaud’s could be a sole finding (primary Raynaud’s) or be associated with other systemic diseases (secondary Raynaud’s). Scleroderma and other rheumatic diseases can present with secondary Raynaud’s.

Gout is the accumulation of uric acid in the body and formation of crystals in the joints that leads to severe inflammation and pain in the toes, feet, ankles, knees and wrists. Gout can be triggered by ingesting diuretics and excessive alcohol or protein consumption. Appropriate management of gout can prevent relapsing attacks and save patients from suffering.

Behçet’s Syndrome is a complex rheumatic disease that can cause recurrent inflammation in the body – including in the brain, heart, lungs and major vascular structures – and painful ulcerations of the mouth, eyes, genitalia and other skin parts. Though benign in many patients, the disease could be serious in others. Treatment, rendered by experienced Division specialists, includes a variety of immunosuppressive medicines, dependant upon the severity of the disease.

Please note: This brochure is deemed current at publication date and is intended for informational purposes only. For questions, please contact your primary care physician or a rheumatologist.



About University Hospitals

University Hospitals Health System (UHHS) is the region's premier healthcare delivery system, serving patients at more than 150 locations throughout northern Ohio.

Committed to advanced care and advanced caring, UHHS offers the region's largest network of primary care physicians, along with outpatient centers and hospitals. The System also includes a network of specialty care physicians, skilled nursing, elder health, rehabilitation and home care services, managed care and insurance programs and the most comprehensive behavioral health services in the region.

The System's 947-bed, tertiary medical center, University Hospitals of Cleveland (UHC), is the primary affiliate of Case Western Reserve University. Together, they form the largest center for biomedical research in the State of Ohio. Included in UHC are Rainbow Babies & Children's Hospital, one of the nation's best children's hospitals; Ireland Cancer Center, designated by the National Cancer Institute as a Comprehensive Cancer Center (the nation's highest designation); and MacDonald Women's Hospital, Ohio's only hospital for women.

*For more information about
University Hospitals Health System,
please visit*

www.uhhs.com

Division of Rheumatology

University Hospitals Health System

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(216) 844-2289



Our patients are seen in a variety
of in- and out-patient settings.
Please call for more information.

To schedule an appointment, please call **(216) 844-6001**

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of Cleveland