

WHAT IS RHEUMATOLOGY?



diseases affect nearly 50 million Americans and can cause joint and organ destruction, severe pain, disability and even death. Inflammatory rheumatic diseases with arthritis cause more disability in America than heart disease, cancer or diabetes.

How can a Rheumatologist help?

Most rheumatologic conditions previously led to severe disability and even death in many patients. Evidence-based medical treatment of rheumatological disorders is currently helping patients with rheumatism lead a near-normal life.

Medications such as Methotrexate and Tumor necrosis factor inhibitors have had a significant impact on patients with *Rheumatoid Arthritis* (RA), and today patients with RA can lead a pain free and productive life.

Rheumatology facts by numbers:

- Over 7 million American adults suffer from inflammatory rheumatic diseases; 1.3 million adults have rheumatoid arthritis; and 161,000 to 322,000 adults have lupus.
- 8.4 percent of women will develop a rheumatic disease during their lifetime. Women are 2 to 3 times more likely to be diagnosed with RA, and 10 times more likely to develop lupus than men.
- 5 percent of men in the U.S. will develop a rheumatic disease during their lifetime.
- Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older.
- Approximately 1.6 million hip fractures occur worldwide each year; by 2050 this number could reach between 4.5 million and 6.3 million.

Rheumatology is a rapidly evolving subspecialty in internal medicine and pediatrics which includes the pathogenesis, diagnosis, and management of over 100 complex inflammatory and connective tissue diseases. Rheumatologists care for a wide array of patients – from children to senior citizens, see diseases like Rheumatoid Arthritis, Systemic Lupus Erythematosus, Psoriatic Arthritis, Ankylosing Spondylitis, Scleroderma, Myositis, Sjogren’s syndrome, Vasculitis, Polymyalgia Rheumatica, and particularly diseases of aging, such as Osteoarthritis, Gout and Osteoporosis. These

After 50 years, the FDA approved a new drug, Belimumab, for patients with **Systemic Lupus Erythematosus** (SLE). It is used to treat patients with active SLE who are not controlled on other conventional therapy.

As mentioned, **Osteoporosis** is a growing problem especially in the aging population, which increases the risks of fractures, most common being hip and vertebral fractures. Medications such as bisphosphonates, Teriperatide and Denosumab can prevent bone loss and

improve the quality of bone leading to reduction in fractures by 50% or more.

Some of the greatest strides in pharmacologic therapy in the past two decades have come in the field of rheumatology, and the next decade promises even more. At Elliot Rheumatology Associates we are committed to providing the highest quality care available in this ever-advancing specialty.



Douglas F. Marks, MD

EXPERIENCE:

Rheumatologist
Dartmouth-Hitchcock Manchester Clinic
Assistant Professor of Medicine
Division of Rheumatology
Dartmouth-Hitchcock Medical Center

EDUCATION:

Fellowship in Rheumatology, Dartmouth Hitchcock Medical Center
Internship and Residency in Internal Medicine, Dartmouth Hitchcock Medical Center
Medical Doctorate, University of Massachusetts Medical School

CERTIFICATIONS:

American Board of Internal Medicine subspecialty Rheumatology

Naureen Mirza, MD

EXPERIENCE:

Assistant Professor of Clinical Medicine
Division of Rheumatology
Department of Medicine
SUNY Stonybrook

EDUCATION:

Fellow, Rheumatology, SUNY Upstate Medical University
Fellow, Geriatric Medicine, Flushing Hospital Medical Center
Intern and Resident, Internal Medicine, Flushing Hospital Medical Center
MBBS, Dow Medical College, University of Karachi, Pakistan

CERTIFICATIONS:

American Board of Internal Medicine subspecialty Rheumatology
Added qualifications in Geriatric Medicine

Christopher J. Lynch, MD, FACP

EXPERIENCE:

Private Rheumatology Practice
Manchester, NH, 31 years

EDUCATION:

Clinical and Research Fellow in, Rheumatology and Clinical Immunology, University of Pittsburgh
Senior Resident in Medicine, Albany Medical Center Hospital
Assistant Resident in Medicine, Albany Medical Center Hospital
Intern in Medicine, Albany Medical Center Hospital
Medical Doctorate, Cornell University Medical College

CERTIFICATIONS:

American Board of Internal Medicine subspecialty Rheumatology

 **Elliot Rheumatology Associates**