

第7版

原著

EDWARD D. HARRIS, JR.

RALPH C. BUDD

GARY S. FIRESTEIN

MARK C. GENOVESE

JOHN S. SERGENT

SHAUN RUDDY

CLEMENT B. SLEDGE

KELLEY'S TEXTBOOK OF
RHEUMATOLOGY


凯利风湿病学



上卷

主译 左晓霞 陶立坚 高洁生



 人民卫生出版社

凯利风湿病学

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原 著 Edward D. Harris, Jr. Ralph C. Budd
Gary S. Firestein Mark C. Genovese
John S. Sargent Shaun Ruddy
Clement B. Sledge

主 译 左晓霞 中南大学湘雅医院风湿免疫科
陶立坚 中南大学湘雅医院肾脏内科
高洁生 中南大学湘雅二医院风湿免疫科

副主译 邓展生 中南大学湘雅医院骨科
肖献忠 中南大学湘雅医学院病理生理教研室
游运辉 中南大学湘雅医院风湿免疫科
毛新展 中南大学湘雅二医院骨科
罗 卉 中南大学湘雅医院风湿免疫科
王彦平 中南大学湘雅医院风湿免疫科
李懿莎 中南大学湘雅医院风湿免疫科
扶 琼 上海仁济医院风湿免疫科

译 者 (按姓氏笔画排序)

文振华	毛新展	牛勇敢	王 湘	王 婧	王 静
王彦平	邓展生	左晓霞	田 静	刘 萍	刘思佳
向铁城	孙太存	吴立文	张 晶	张 超	张胜利
扶 琼	李 芬	李 通	李 晶	李宝军	李毅芳
李懿莎	杜金烽	杨 敏	沈民仁	肖献忠	肖嫦娟
陈 琥	周 全	周亚欧	罗 卉	胡燕青	赵 成
赵洪军	饶艳婷	唐 莼	夏蓉晖	袁 平	郭 敏
郭晓柠	陶 澄	陶立坚	高洁生	梁清华	黄 隽
龚艳晖	曾清华	游运辉	谢 希	谢红付	谢艳莉
黎姣艳	戴如春	鞠洪斌			

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Edward D. Harris, Jr. et al.

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3 Killiney Road

#08 - 01 Winsland House I

Singapore 239519

Tel: (65) 6349 - 0200

Fax: (65) 6733 - 1817

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主 译: 左晓霞 陶立坚 高洁生

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E - mail: pmph@pmph.com

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译者序

风湿病学的发展历史悠久，可以追溯到3 000多年以前，随着现代医学的发展，风湿病学所包括的疾病逐渐增多，对疾病的认识也不断深入。根据美国风湿病学会的分类，到目前为止风湿病已包括10大类100余种疾病。这类疾病可损害机体各个系统，临床表现往往为多系统受累，病情表现复杂，如无坚实的风湿病学基础，极易延误诊断或被误诊误治。现代医学证明风湿性疾病与免疫学密切相关，基础免疫学的发展极大地推动了风湿性疾病病因、发病机制和治疗研究的进展。有人断言，21世纪在生物科学领域中将是免疫学的时代，相信随着基础免疫学的发展，风湿病学也将会迎来一个飞速发展的时代。

中国的风湿病学起步较晚，最初与世界发展先进的国家相比至少相差50年。在20世纪70年代末和80年代初，一些医院相继成立了风湿病学专科，一些医师开始重点进行风湿病学的临床和基础研究，他们的工作为中国风湿病学的发展打下了坚实的基础。在他们不懈的艰苦努力下，中国风湿病学从无到有，从小到大，从弱变强走过了几个历史阶段。1982年中华医学会风湿病学组成立，1985年中华医学会风湿病学分会成立，1988年加入亚洲太平洋地区抗风湿联盟（APLAR）和国际抗风湿联盟（ILAR），特别是2000年在中国北京成功地举办了APLAR年会，这标志着中国风湿病学已经走向世界。

风湿病谱非常广，各有特点，只有正确地掌握风湿病学的特点才能做出准确的诊断和治疗。由于中国现代风湿病学起步晚，系统的基础与临床研究尚未形成规模，因此很长时间内在中国没有自己关于风湿病学的专著。较早的一部风湿病学专著是1988年由中华医学会风湿病学分会主持，在当时国际抗风湿联盟主席E. P. Engleman教授的倡议与积极支持下，翻译出版的美国关节炎基金会编写的《风湿疾病概要》（Primer on the Rheumatic Diseases）第8版。这本书即全面又精辟地概括了风湿病学发展的历史以及各个疾病的主要表现，是美国医学生的必读书籍。当时我刚开始从事风湿病学专业的工作，这本书我认真通读了几遍，使我对风湿病学的认识得到了极大的提高，可以说这本书是我从事风湿病学的启蒙书籍。目前国内已有多种版本的我国风湿病学家自己撰写的风湿病学专著，这些书籍从不同角度对风湿性疾病做了较详细的论述，为提高我国风湿病学的水平起到了积极的作用。《凯利风湿病学》（Kelley's Textbook of Rheumatology）在国际风湿病学界是临床与基础研究相结合的、最具权威性的风湿病学专著。这部专著前5版为《风湿病学》（Textbook of Rheumatology），由于Kelley从第6版起不再做此书的主编，为了纪念他为本书做出的巨大贡献，从第6版开始改名为《凯利风湿病学》。可以说这部著作代表了风湿病学界最高的学术水平，能被邀请从事这部著作的撰写工作是每一个作者的骄傲，所有参加撰写工作的作者都是国际上这个领域的佼佼者，他们不仅全面综述了国际研究的进展，而且有很多内容就是他们自己研究的成果，因此会给读者很大的启发，是每一个临床风湿病医师必备书籍。现在这部著作能被翻译成中文，这不仅仅对中国广大的风湿病学医师，而且对多个学科的医务工作者都是一个福音，相信这部译著的问世定能在我国风湿病学的发展中起到积极的作用，这部译著也定会成为风湿病学医师的良师益友。

感谢左晓霞和所有为这部著作翻译工作做出贡献的人员，是他们的卓有成效的工作为中国风湿病学增加了亮丽的一页。

北京协和医院风湿免疫科
张奉春

译者前言

风湿病学是一个古老而年轻的学科。数千年来，人们运用自己的智慧，认识疾病，创造了很多医治之法。近一个世纪，基础科学的发展为研究风湿病学提供了强大的技术支持，而循证医学更是使全球的认识达到空前的统一。

《凯利风湿病学》是风湿病学的标杆之作，且处于不断更新之中，23年间已发行了7版，在此呈现给大家的即为最新版本。书中各章节均由在该领域有杰出贡献的专家所撰写，文中作者以其独特视角，融入了当前的热点话题，不仅承继了前人观点，而且具有前瞻性。在本书中，编者从基础研究到临床应用，详尽论述了风湿免疫性疾病的方方面面。与同类著作相比，此书有三大特色：重视基础科学，对免疫、自身免疫、炎症等内容进行了全面阐述；关注相关学科，将风湿病学与外科学、营养学、老年病学、卫生经济学、社会心理学等学科紧密联系；追踪前沿进展，探讨了靶向治疗、免疫遗传学等研究热点。《凯利风湿病学》有助于临床医师开阔思维、拓展研究的深度和广度。相信此书出版后，将成为风湿免疫科医师与学生的实用参考工具。

为了更好地诠释此书，我们携手骨科、肾脏内科和基础学科等相关学科的专家，及湘雅二医院风湿科的同仁，共同参与翻译过程。湘雅医院风湿免疫科是一个凝聚力强的年轻团队，全科人员为此书的顺利出版付出了极大的努力。在此，请允许我向参与翻译的所有人员表达最诚挚的谢意，同时也感谢人民卫生出版社给予了我们一次难得的学习机会。

《凯利风湿病学》一书所涵盖的内容极为丰富，在较短的时间内翻译出来，我们难免会有不足之处，敬请各位同道批评指正。

湘雅医院风湿免疫科
左晓霞

前言

23年前，我、Bill Kelley、Clem Sledge、Shaun Ruddy 与 Jack Hanley 相聚在 W. B. Saunders 公司商讨编写《风湿病学》。我们的目标是达到或超过当时有关临床疾病及其治疗的图书，并且在深度及广度上积极拓展，详细解释为风湿病学和整形外科提供基础的学科理论。由于众多编写者的辛勤工作，第1版一经发表，就获得了读者的喜爱，成为风湿病学著作中的畅销书，其成绩超出了我们的预想。

第1版的模式经证实是成功的，因此我们在随后的几版中并未对之进行改动。当 Bill Kelley 离开后，为了感谢他在本书编辑出版过程中所起的积极作用，我们在2001年出版第6版时将本书改名为《凯利风湿病学》，同时邀请了 John Sergent 和 Ralph Budd 作为我们的副编委。考虑到目前及今后的版本需要加入更新、更年轻的思想，为了集思广益，第7版的编委增加到7人。Gary Firestein 和 Mark Genovese 也加入了我们的编写队伍。Gary 和 Ralph 的基础科学知识 with John 和 Mark 的临床科学背景为 Shaun、Ted 和 Clem 提供了极大的帮助。因此《凯利风湿病学》是科学可靠的。

在编写第7版时，我们深刻意识到构成风湿病学基础的科学领域正发生着巨大的变化。在过去的70年中，我们见证了免疫学、生物化学、细胞生物学、遗传学的开创与发展，直到近年来，这些学科才真正独立发展。目前，我们学科的未来发展与综合科学紧密相联。现在，重组技术将遗传学与生物化学联系起来，更重要的是，逐渐发展起来的育成科学（translational science）常能帮助我们直接跃过传统的基础科学而理解临床疾病状态。正如神经生物学研究的是涉及心理学、哲学、数学和计算机科学的意识基础，若想阐明系统性红斑狼疮等复杂疾病，就需要免疫学家、免疫遗传学家、生物化学家和细胞生物学家的共同努力。然而，这些学科专家使用的都是同样的分子工具，因此能够加入这一队伍者必须是那些发明了一种能够替代微阵列技术、蛋白质印迹和 DNA 印迹技术以及基因敲除小鼠的工作者。

这种综合合作可能会为理解风湿性疾病带来真正的协同作用，而这正是这版《凯利风湿病学》所期望达到的目的。本书在基础科学的章节中，描述了这些学科资料在疾病研究中应用的成果和前景；在疾病发病机制的章节中，常记录了基础科学为临床科学带来的进展。

读者的知识更新需要基础科学和临床科学的有机结合，这也是该书今后的版本更新所需的。为了满足这种需求，我们还将在网站上以“电子版”的形式向每位读者提供最新数据及其说明，以便使基础科学工作者能据此制订新的实验计划，使临床工作者能更好地诊断和治疗患者。

我们无法确定由于电子革命的影响，印刷品未来的发展如何。但我们相信，第7版《凯利风湿病学》将提供给读者优于其他来源的有关风湿病学、风湿性疾病的整形方法以及疾病的发病机制与治疗方法的信息。

Edward D. Harris, MD

参编人员名单

Anthony J. Abene, M.D., M.B.A.

Fellow
Sports, Orthopaedics and Rehabilitation
Redwood City, California
Hip and Knee Pain

Steven B. Abramson, M.D.

Professor of Medicine and Pathology
New York University School of Medicine
Division of Rheumatology
New York, New York
Neutrophils and Eosinophils; Pathogenesis of Osteoarthritis

Leena Ala-Kokko

Professor, Department of Medicine
Center for Gene Therapy
Tulane University Health Sciences Center
New Orleans, Louisiana
Collagen and Elastin

Roy D. Altman, M.D.

Professor of Medicine
Division of Rheumatology
David Geffen School of Medicine at the
University of California at Los Angeles
Los Angeles, California
Hypertrophic Osteoarthropathy

William P. Arend, M.D.

Scoville Professor of Rheumatology Medicine
University of Colorado School of Medicine
Denver, Colorado
Antigen-Presenting Cells

Erin L. Arnold, M.D.

Rheumatologist
Center for Arthritis and Osteoporosis
Illinois Bone and Joint Institute, LTD
Morton Grove, Illinois
Arthroscopy

William J. Arnold, M.D., F.A.C.P., F.A.C.R.

Rheumatologist
Center for Arthritis and Osteoporosis
Illinois Bone and Joint Institute, LTD
Morton Grove, Illinois
Arthroscopy

Leyla Alparslan, M.D.

Associate Professor
Department of Radiology
Florence Nightingale Hospital
Kadir Has University School of Medicine
Istanbul, Turkey
Imaging

John P. Atkinson, M.D.

Samuel B. Grant Professor of Medicine
Professor of Molecular Microbiology
Department of Medicine/Rheumatology Division
Washington University School of Medicine
Physician
Internal Medicine
Barnes-Jewish Hospital
St. Louis, Missouri
Complement System

Stanley P. Ballou, M.D.

Associate Professor of Medicine
Case Western Reserve University
Director of Rheumatology
Metro Health Medical Center
Cleveland, Ohio
Laboratory Evaluation of Inflammation

N. Nichole Barry, M.D.

Sports Medicine
Stanford University
Palo Alto, California
Hip and Knee Pain

Robert M. Bennett, M.D., FRCP, FACP

Professor of Medicine
Oregon Health and Science University
and Portland, Oregon
*Mixed Connective Tissue Disease and Other Overlap
Syndromes*

Johannes W.J. Bijlsma, M.D., Ph.D.

Professor and Head
Department of Rheumatology and Clinical
Immunology
University Medical Center Utrecht
Utrecht, The Netherlands
Glucocorticoid Therapy

Joseph J. Biundo, Jr., M.D.

Emeritus Professor of Medicine
Louisiana State University Health Science Center
New Orleans, Louisiana
Medical Director of Rehabilitation
Kenner Regional Medical Center
Kenner, Louisiana

Rehabilitation of Patients with Rheumatic Diseases

Juergen Braun, M.D., Ph.D.

Medical Director
Professor of Rheumatology
Rheumazentrum Ruhrgebiet
Herne, Germany

Ankylosing Spondylitis

Michael B. Brenner, M.D.

Theodore B. Bayles Professor of Medicine
Harvard Medical School
Chief, Division of Rheumatology, Immunology and
Allergy

Brigham and Women's Hospital
Boston, Massachusetts

Synoviocytes

Doreen B. Brettler, M.D.

Professor of Medicine
University of Massachusetts Medical School
Director
New England Hemophilia Center/Staff Hematologist
Hematology/Oncology
University of Massachusetts Memorial Healthcare
Worcester, Massachusetts

Hemophilic Arthropathy

Lenore M. Buckley, M.D., M.P.H.

Professor of Internal Medicine and Pediatrics
Virginia Commonwealth University School of
Medicine

Attending Physician
Internal Medicine and Pediatrics
Medical College of Virginia Hospitals
Richmond, Virginia

Development, Execution, and Analysis of Clinical Trials

Ralph C. Budd, M.D.

Professor of Medicine
Director, Immunobiology Program
The University of Vermont College of Medicine
Burlington, Vermont

T Lymphocytes

Nathalie D. Burg, M.D.

Postdoctoral Fellow
Coller Lab
Rockefeller University
Clinical Instructor
Department of Medicine
New York University School of Medicine
New York, New York

Neutrophils and Eosinophils

Jennifer Burkham, M.D., Ph.D.

Department of Rheumatology
University of California, San Francisco
San Francisco, California

Fibromyalgia: A Chronic Pain Syndrome

Leonard H. Calabrese, B.S., D.O.

Department of Rheumatic and Immunologic Disease
Head, Section of Clinical Immunology
R.J. Fasenmyer Chair of Clinical Immunology
Cleveland Clinic Foundation
Cleveland, Ohio

Antineutrophil Cytoplasmic Antibody-Associated Vasculitis

Dennis A. Carson, M.D.

Professor of Medicine
University of California San Diego
La Jolla, California

Rheumatoid Factor

Steve Carsons, M.D.

Professor of Medicine
SUNY Health Science Center at Stony Brook
Stony Brook, New York
Chief, Division of Rheumatology, Allergy and
Immunology

Winthrop University Hospital
Meneola, New York

Sjögren's Syndrome

James T. Cassidy, M.D.

Professor and Chief of Pediatric Rheumatology
Department of Child Health
University of Missouri Health Sciences
Columbia, Missouri

*Juvenile Rheumatoid Arthritis; Systemic Lupus
Erythematosus, Juvenile Dermatomyositis, Scleroderma,
and Vasculitis*

Eliza F. Chakravarty, M.D.

Assistant Professor
Division of Immunology and Rheumatology
Stanford University School of Medicine
Palo Alto, California

Musculoskeletal Syndromes in Malignancy

Doyt L. Conn, M.D.

Professor of Medicine
Director Division of Rheumatology
Department of Medicine
Emory University School of Medicine
Grady Health System
The Emory Clinic
Atlanta, Georgia

*Alternative Care for Arthritis and Related Musculoskeletal
Diseases; Cutaneous Small-Vessel Vasculitis*

Peng Thim Fan, M.D.

Clinical Professor of Medicine
David Geffen School of Medicine
University of California at Los Angeles
Los Angeles, California
*Reiter's Syndrome, Undifferentiated Spondyloarthropathy,
and Reactive Arthritis*

Barbara K. Finck, M.D.

Vice President
Clinical Development
Eos Biotechnology, Inc.
San Francisco, California
Development, Execution, and Analysis of Clinical Trials

Gary S. Firestein, M.D.

Professor of Medicine and Chief
Division of Rheumatology, Allergy and Immunology
University of California San Diego School of Medicine
Director
University of California San Diego Clinical
Investigation Institute
La Jolla, California
Etiology and Pathogenesis of Rheumatoid Arthritis

Karen A. Fortner, Ph.D.

Research Associate
Immunobiology Program, Department of Medicine
The University of Vermont College of Medicine
Burlington, Vermont
T Lymphocytes

Andrew G. Franks, Jr., M.D.

Clinical Professor of Dermatology
New York University School of Medicine
Attending Physician in Rheumatology
Hospital for Joint Diseases
New York University Medical Center
New York, New York
The Skin and Rheumatic Diseases

Sherine E. Gabriel, M.D., M.Sc.

Professor of Medicine Rheumatology and
Epidemiology
Mayo Clinic
Chair, Department of Health Sciences Research
Mayo Clinic College of Medicine
Rochester, Minnesota
Epidemiology of the Rheumatic Diseases

Rachel A. Garton, M.D.

Chief Resident in Dermatology
Department of Dermatology
Wake Forest School of Medicine
Winston-Salem, North Carolina
Behcet's Disease

Mark C. Genovese, M.D.

Associate Professor of Medicine
Chief of Clinical Services
Division of Immunology and Rheumatology
Stanford University
Palo Alto, California
*Treatment of Rheumatoid Arthritis; Musculoskeletal
Syndromes in Malignancy*

Danielle M. Gerlag, M.D.

Assistant Professor of Medicine
Division of Clinical Immunology and Rheumatology
Academic Medical Center
University of Amsterdam
Amsterdam, The Netherlands
*Synovial Fluid Analyses, Synovial Biopsy, and Synovial
Pathology*

Jayashri V. Ghate, M.D.

Department of Dermatology
Wake Forest University School of Medicine
Winston-Salem, North Carolina
Behcet's Disease

Allan Gibofsky, M.D., J.D., F.A.C.P., F.C.L.M.

Professor
Medicine and Public Health
Weill Medical College of Cornell University
Attending Rheumatologist
Hospital for Special Surgery
New York, New York
Acute Rheumatic Fever and Poststreptococcal Arthritis

Mark H. Ginsberg, M.D.

Professor of Cell Biology
The Scripps Research Institute
La Jolla, California
Adjunct Professor
University of California School of Medicine
San Diego, California
Platelets and Rheumatic Diseases

Dafna O. Gladman, M.D., F.R.C.P.C.

Professor of Medicine/Rheumatology
University of Toronto
Senior Rheumatologist
University Health Network, Toronto Western Hospital
Toronto, Ontario, Canada
Psoriatic Arthritis

Joseph Golbus, M.D.

Associate Professor
Department of Medicine
Northwestern University Medical School
Chicago, Illinois
Head, Division of Rheumatology
Evanston Northwestern Healthcare
Evanston, Illinois
Monarticular Arthritis

4 参编人员名单

Paul P. Cook, M.D.

Associate Professor of Medicine
Division of Infectious Diseases
Department of Infectious Diseases
Department of Internal Medicine
Brody School of Medicine at East Carolina University
Greenville, North Carolina
Arthritis Caused by Bacteria or Their Components

Joseph E. Craft, M.D.M.D.

Professor of Medicine and Immunobiology
Chief, Section of Rheumatology
Department of Medicine
Yale School of Medicine
Attending and Chief of Rheumatology
Yale-New Haven Hospital
New Haven, Connecticut
Antinuclear Antibodies

Leslie J. Crofford, M.D.

Associate Professor
Internal Medicine, Division of Rheumatology
University of Michigan
Ann Arbor, Michigan
Nonsteroidal Anti-Inflammatory Drugs

Jody A. Dantzig, Ph.D.

Senior Research Investigator
Physiology/Pennsylvania Muscle Institute
School of Medicine
University of Pennsylvania
Philadelphia, Pennsylvania
Muscle: Anatomy, Physiology, and Biochemistry

Devin K. Datta, M.D.

Brevard Orthopaedic Clinic
Melbourne, Florida
Low Back Pain

Jeroen DeGroot, Ph.D.

Head
Matrix Biology Research Group
Division of Biomedical Research
TNO Prevention and Health
Netherlands Organization for Applied Scientific
Research
Leiden, the Netherlands
Biological Markers

Betty Diamond, M.D.

Professor of Microbiology and Immunology, Medicine
Albert Einstein College of Medicine
Bronx, New York
B Cells

Federico Díaz-González, M.D.

Staff of Rheumatology
Rheumatology Service
Hospital Universitario de Canarias
La Laguna, Spain
Platelets and Rheumatic Diseases

Paul E. DiCesare, M.D.

Associate Professor of Orthopaedic Surgery and Cell
Biology
New York University School of Medicine
Director, Musculoskeletal Research Center
Chief, Adult Reconstructive Surgery
Hospital for Joint Disease
New York, New York
Pathogenesis of Osteoarthritis

Michael F. Dillingham, M.D.

Adjunct Clinical Professor
Division of Orthopedic Surgery
Stanford University School of Medicine
Director and Team Physician
Orthopedics
Stanford University Medical Center
San Francisco, California
Hip and Knee Pain

Maxime Dougados, M.D.

Professor of Rheumatology
Rene (') Descartes University
Chief and Professor
Department of Rheumatology
Hospital Cochin
Paris, France
Clinical Features of Osteoarthritis

Joost P.H. Drenth, M.D., Ph.D.

Research Fellow
Department of Medicine
Division of Gastroenterology and Hepatology
University Medical Center St. Radboud
Nijmegen, The Netherlands
Familial Autoinflammatory Syndromes

George F. Duna, M.D., F.A.C.P.

Associate Professor of Medicine
Baylor College of Medicine
Chief of Rheumatology
St. Luke's Episcopal Hospital
Houston, Texas
Antineutrophil Cytoplasmic Antibody-Associated Vasculitis

Steven M. Edworthy, B.Sc., M.D., F.R.C.P.C.

Associate Professor of Medicine and Community
Health Sciences
Department of Medicine
University of Calgary
Associate Professor of Medicine
Foothills Hospital
Calgary, Alberta, Canada
Clinical Manifestations of Systemic Lupus Erythematosus

Keith B. Elkon, M.D.

Professor of Medicine
Division of Rheumatology
University of Washington
Seattle, Washington
Apoptosis

Yale E. Goldman, M.D., Ph.D.

Professor, Institute Director
Physiology/Pennsylvania Muscle Institute
School of Medicine, University of Pennsylvania
Philadelphia, Pennsylvania
Muscle: Anatomy, Physiology, and Biochemistry

Mary B. Goldring, Ph.D.

Associate Professor of Medicine (Cell Biology)
Division of Medical Sciences
Harvard Medical School
Associate Professor of Medicine
Department of Medicine/Division of Rheumatology
Beth Israel Deaconess Medical Center
Boston, Massachusetts
Biology of the Normal Joint; Chondrocytes

Steven R. Goldring, M.D.

Professor of Medicine
Harvard Medical School
Chief of Rheumatology
Department of Medicine/Division of Rheumatology
Beth Israel Deaconess Medical Center
Boston, Massachusetts
Biology of the Normal Joint

Emilio B. Gonzalez, M.D.

Clinical Associate Professor
Internal Medicine
Emory University School of Medicine
Chief, Rheumatology Section
Atlanta Medical Center
Atlanta, Georgia
Cutaneous Small-Vessel Vasculitis

Duncan A. Gordon, M.D., M.A.C.R.

Professor
Department of Medicine
University of Toronto
Senior Rheumatologist
Division of Rheumatology
University Health Network, Toronto Western Hospital
Toronto, Ontario, Canada
Second Line Agents

Peter K. Gregersen

Professor of Medicine and Pathology
Department of Medicine and Pathology
New York University School of Medicine
New York, New York
Director
Robert S. Boas Center for Genomics and Human
Genetics
North Shore Long Island Jewish Research Institute
Manhasset, New York
Genetics of Rheumatic Diseases

Christine Grimaldi, Ph.D.

Instructor, Microbiology and Immunology
Albert Einstein College of Medicine
Bronx, New York
B Cells

Bevra Hannahs Hahn, M.D.

Chief of Rheumatology and Professor of Medicine
Department of Medicine
David Geffen School of Medicine
University of California, Los Angeles
Los Angeles, California
*Pathogenesis of Systemic Lupus Erythematosus;
Management of Systemic Lupus Erythematosus*

J. Timothy Harrington, M.D.

Associate Professor
Rheumatology Section, Department of Medicine
University of Wisconsin Medical School
Madison, Wisconsin
Mycobacterial and Fungal Infections

Edward D. Harris, M.D.

George DeForest Barnett Professor of Medicine,
Emeritus
Stanford University School of Medicine
Academic Secretary to Stanford University
Stanford, California
*Biological Markers; Fibromyalgia:
A Chronic Pain Syndrome;
Clinical Features of Rheumatoid Arthritis;
Treatment of Rheumatoid Arthritis*

Dick Heinegård, M.D., Ph.D.

Professor
Department of Cell and Molecular Biology
Lund University
Lund, Sweden
Matrix Glycoproteins and Proteoglycans in Cartilage

David B. Hellman, M.D.

Mary Betty Stevens Professor of Medicine
Johns Hopkins University School of Medicine
Chairman and Physician-in-Chief, Department of
Medicine
Johns Hopkins Bayview Medical Center
Baltimore, Maryland
Giant Cell Arteritis and Polymyalgia Rheumatica

George Ho, Jr., M.D.

Professor of Medicine
Division of Allergy, Immunology, and Rheumatology
Department of Internal Medicine
Brody School of Medicine at East Carolina University
Greenville, North Carolina
Arthritis Caused by Bacteria or Their Components

Jeffrey D. Horn, M.D.

Assistant Professor of Ophthalmology
Department of Ophthalmology and Visual Services
Vanderbilt University Medical Center
Nashville, Tennessee
The Eye and Rheumatic Disease

Gene G. Hunder, M.D.

Professor Emeritus
Department of Medicine
Mayo Medical School
Rochester, Minnesota
*History and Physical Examination of the Musculoskeletal
System; Giant Cell Arteritis and Polymyalgia Rheumatica*

Johannes W.G. Jacobs, M.D., Ph.D.

Associate Professor
Department of Rheumatology and Clinical
Immunology
University Medical Center Utrecht
Utrecht, The Netherlands
Glucocorticoid Therapy

Charles A. Janeway, Jr., M.D. (Deceased)

Professor
Section of Immunobiology and Howard Hughes
Medical Institute
Yale University School of Medicine
New Haven, Connecticut
Innate Immunity

Joseph L. Jorizzo, M.D.

Professor and Former (Founding) Chair
Department of Dermatology
Wake Forest University School of Medicine
Winston-Salem, North Carolina
Behcet's Disease

Sue Joan Jue, M.D.

Associate Professor of Pediatrics
Section of Infectious Diseases
Greenville Hospital Systems
Greenville, South Carolina
Arthritis Caused by Bacteria or Their Components

George A. Karpouzas, M.D.

Clinical Instructor, Assistant Researcher
Department of Medicine
David Geffen School of Medicine
University of California, Los Angeles
Los Angeles, California
Pathogenesis of Systemic Lupus Erythematosus

Arthur Kavanaugh, M.D.

Professor of Medicine
Director of the Center for Innovative Therapy
Division of Rheumatology, Allergy and Immunology
University of California, San Diego
San Diego, California
Anticytokine Therapies

William N. Kelley, M.D.

Professor
Department of Medicine
University of Pennsylvania
Philadelphia, Pennsylvania
Gout and Hyperuricemia

Edward Keystone, M.D., F.R.C.P.(C).

Professor of Medicine
Department of Medicine
University of Toronto
Rheumatologist
Mount Sinai Hospital
Toronto, Ontario, Canada
Emerging Therapies in Rheumatoid Arthritis

Hans P. Kiener, M.D.

Research Fellow
Harvard Medical School
Research Fellow
Brigham and Women's Hospital
Boston, Massachusetts
Synoviocytes

Alice V. Klinkhoff, M.D., F.R.C.P.

Clinical Associate Professor
Department of Medicine
University of British Columbia
Medical Director
Mary Pack Arthritis Program
Vancouver General Hospital
Vancouver, British Columbia, Canada
Second Line Agents

Alisa E. Koch, M.D.

William D. Robinson and Frederick Huetwell
Endowed Professor
University of Michigan
Ann Arbor, Michigan
Endothelial Cell Biology, Angiogenesis, and Recruitment of Cells

Joseph H. Korn, M.D.

Alan S. Cohen Professor of Medicine in Rheumatology
Director, Arthritis Center
Boston University School of Medicine
Boston, Massachusetts
Fibroblast Function and Fibrosis

Brian L. Kotzin, M.D.

Professor of Medicine and Immunology
Co-Head, Division of Clinical Immunology
University of Colorado Health Sciences Center
Denver, Colorado
Autoimmunity

Joel M. Kremer, M.D.

Clinical Professor of Medicine
Department of Medicine, Division of Rheumatology
Albany Medical College
Albany, New York
Nutrition and Rheumatic Diseases

Hilal Maradit Kremers, M.D., M.Sc.

Assistant Professor of Epidemiology
Mayo Medical School
Rochester, Minnesota
Research Associate, Department of Health Sciences
Research
Mayo Clinic College of Medicine
Rochester, Minnesota
Epidemiology of the Rheumatic Diseases

Irving Kushner, M.D.

Professor of Medicine and Pathology
Case-Western Reserve University
Attending Physician
MetroHealth Medical Center
Cleveland, Ohio
Laboratory Evaluation of Inflammation

Robert Lafyatis, M.D.

Associate Professor of Medicine
Rheumatology Section
Boston University School of Medicine
Associate Professor of Medicine
Department of Rheumatology
Boston University Medical Center
Boston, Massachusetts
Fibroblast Function and Fibrosis

R. Elaine Lambert, M.D.

Adjunct Clinical Associate Professor
Department of Internal Medicine
Stanford School of Medicine
Palo Alto, California
Iron Storage Disease

Nancy E. Lane, M.D.

Associate Professor of Medicine in Residence
Department of Medicine
University of California at San Francisco
Department of Medicine and Division of
Rheumatology
San Francisco General Hospital
San Francisco, California
Metabolic Bone Disease

Daniel M. Laskin, DDS, MS

Professor and Chairman Emeritus
Department of Oral and Maxillofacial Surgery
Virginia Commonwealth University School of
Dentistry
Attending Oral and Maxillofacial Surgeon
Medical College of Virginia/Virginia Commonwealth
University Hospital
Richmond, Virginia
Temporomandibular Joint Pain

Meryl S. LeBoff

Associate Professor
Department of Internal Medicine
Harvard Medical School
Director
Skeletal Health and Osteoporosis
Division of Endocrine, Diabetes and Hypertension
Brigham and Women's Hospital
Boston, Massachusetts
Metabolic Bone Disease

David M. Lee, M.D., Ph.D.

Instructor of Medicine
Harvard Medical School
Division of Rheumatology, Immunology and Allergy
Department of Medicine
Brigham and Women's Hospital
Boston, Massachusetts
Synoviocytes

Michael D. Lockshin, M.D.

Professor of Medicine and Obstetrics and Gynecology
Joan and Sanford Weill Medical College of Cornell
University
Attending Physician
Hospital for Special Surgery
New York, New York
Antiphospholipid Antibody Syndrome

Pilar Lorenzo, Ph.D.

Cell and Molecular Biology
Lund University
Rheumatology
Lund University Hospital
Lund, Sweden
Matrix Glycoproteins and Proteoglycans in Cartilage

Kate R. Lorig, RN, DrPH

Professor
Department of Medicine
Stanford University
Palo Alto, California
Education of Patients

Carlos J. Lozada, M.D.

Associate Professor of Medicine
Director, Rheumatology Fellowship Program
Division of Rheumatology and Immunology
University of Miami School of Medicine
Director
Rheumatology Fellowship Training Program and
Rheumatology Clinical Services
Jackson Memorial Hospital
Miami, Florida
Management of Osteoarthritis

Maren Lawson Mahowald, M.D.

Professor of Medicine
University of Minnesota
Rheumatology Section Chief
Minneapolis VA Medical Center
Minneapolis, Minnesota
Chronic Musculoskeletal Pain

Scott David Martin, M.D.

Assistant Professor of Orthopedics
Harvard Medical School
Brigham and Women's Hospital
Boston, Massachusetts
Shoulder Pain

W. Joseph McCune, M.D.

Professor of Medicine
Department of Internal Medicine/Rheumatology
University of Michigan Medical Center
Ann Arbor, Michigan
Monarticular Arthritis

Iain B. McInnes, MRCP, Ph.D.

Professor
Division of Immunology, Infection and Inflammation
University of Glasgow
Consultant Rheumatologist
Centre for Rheumatic Diseases
Glasgow Royal Infirmary
Glasgow, Scotland, United Kingdom
Cytokines

Richard T. Meehan, M.D., FACP, FACR

Chief of Rheumatology
Associate Professor of Medicine
National Jewish Medical and Research Center
Associate Clinical Professor of Medicine
Rheumatology, Department of Medicine
University of Colorado Health Sciences Center
Denver, Colorado
Sarcoidosis

Sohail K. Mirza, M.D.

Associate Professor
Department of Orthopaedics and Sports Medicine
Harborview Medical Center
University of Washington
Seattle, Washington
Low Back Pain

Kevin G. Moder, M.D.

Assistant Professor
Division of Rheumatology
Department of Internal Medicine
Mayo Clinic
Rochester, Minnesota
History and Physical Examination of the Musculoskeletal System

Stanley J. Nades, M.D.

Thomas B. Hallowell Professor of Medicine
Chief, Division of Rheumatology
Medicine, Microbiology and Immunology and
Pharmacology
Pennsylvania State University College of Medicine
Professor and Chief
Division of Rheumatology
The Milton S. Hershey Medical Center
Hershey Pennsylvania
Viral Arthritis

Kenneth K. Nakano, M.D.

Clinical Professor of Medicine
Albany Medical College
Director of Research
The Center for Rheumatology
Attending Physician
Albany Medical Center Hospital
Albany, New York
Neck Pain

Lee S. Newman, M.D., MA, FCCP

Professor of Medicine
Professor of Preventive Medicine and Biometrics
University of Colorado Health Sciences Center
Professor of Medicine
Head, Division of Environmental and Occupational
Health Sciences
National Jewish Medical and Research Center
Denver, Colorado
Sarcoidosis

Urs E. Nydegger, M.D.

Titularprofessor
Faculty of Medicine
University of Bern
Leitender Arzt
University Clinic for Cardiovascular Surgery
Universitätsklinik für Herzund Gefässchirurgie
Inselspital
Bern, Switzerland
Immune Complexes

Denis M. O'Day, M.D., F.A.C.S.

Professor of Ophthalmology
Department of Ophthalmology and Visual Sciences
Vanderbilt University School of Medicine
Nashville, Tennessee
The Eye and Rheumatic Disease

James R. O'Dell, BS, M.D.

Professor of Medicine
Chief, Section of Rheumatology and Immunology
Vice-Chairman, Department of Internal Medicine
University of Nebraska Medical Center
Omaha, Nebraska
Methotrexate, Leflunomide, and Combination Therapies

Yasunori Okada, M.D., Ph.D.

Professor and Chairman
Department of Pathology
School of Medicine
Keio University
Tokyo, Japan
Proteinases and Matrix Degradation

Richard S. Panush, M.D.

Clinical Professor
Department of Medicine
Mount Sinai School of Medicine
Chair
Department of Medicine
Saint Barnabas Medical Center
Livingston, New Jersey
Occupational and Recreational Musculoskeletal Disorders

Stanford L. Peng, M.D., Ph.D.

Assistant Professor
Department of Internal Medicine, Division of
Rheumatology
Washington University School of Medicine
Assistant Professor
Department of Internal Medicine, Division of
Rheumatology
Barnes-Jewish Hospital
St. Louis, Missouri
Antinuclear Antibodies

Jean-Charles Piette, M.D.

Medecine Interne 2
Hopital Pitie-Salpetriere
Paris, France
Relapsing Polychondritis

Lorenzo Pilar, Ph.D.

Department of Cell and Molecular Biology
Lund University
Lund, Sweden
Matrix Glycoproteins and Proteoglycans in Cartilage

Michael H. Pillinger, M.D.

Assistant Professor
Department of Medicine and Pharmacology
New York University School of Medicine
Section Chief, Rheumatology
New York Harbor Veterans Health Care System,
Manhattan Campus
New York, New York
Neutrophils and Eosinophils

Robert S. Pinals, M.D.

Professor and Vice-Chairman
Department of Medicine
University of Medicine and Dentistry of New Jersey
Robert Wood Johnson Medical School
Chief, Rheumatology Service
Robert Wood Johnson University Hospital
New Brunswick, New Jersey
Felty's Syndrome

Steven A. Porcelli, M.D.

Associate Professor
Department of Microbiology and Immunology
Department of Medicine
Albert Einstein College of Medicine
Bronx, New York
Innate Immunity

Darwin J. Prockop, M.D., Ph.D.

Director and Chairman
Center for Gene Therapy
Tulane University Health Sciences Center
New Orleans, Louisiana
Collagen and Elastin

Eric L. Radin, M.D.

Adjunct Professor
Orthopaedic Surgery
Tufts University School of Medicine
Boston, Massachusetts
Biomechanics of Joints

Jaya K. Rao, M.D., MHS

Medical Epidemiologist
Health Care and Aging Studies Branch
Centers for Disease Control and Prevention
Adjunct Clinical Associate Professor
Division of Rheumatology
Department of Medicine
Emory University School of Medicine
Atlanta, Georgia
Alternative Care for Arthritis and Related Musculoskeletal Diseases

John D. Reveille, M.D.

George S. Bruce Professor in Arthritis and Other
Rheumatic Diseases
Rheumatology, Internal Medicine
The University of Texas Health Science Center at
Houston
Director, Division of Rheumatology
Hermann Hospital
Houston, Texas
Rheumatic Manifestations of Human Immunodeficiency Virus Infection

Marco Rizzo, M.D.

Assistant Professor
Division of Orthopaedic Surgery
Duke University Medical Center
Durham, North Carolina
Osteonecrosis

W. Neal Roberts, Jr., M.D.

Director
Rheumatology Training Program
C.W. Thomas Associate Professor of Medicine
Virginia Commonwealth University
Medical College of Virginia
Richmond, Virginia
Psychosocial Management of the Rheumatic Diseases

Andrew E. Rosenberg, M.D.

Associate Professor
Department of Pathology
Harvard Medical School;
Associate Pathologist
Department of Pathology
Massachusetts General Hospital
Boston, Massachusetts
Tumors and Tumor-like Lesions of Joints

Keith T. Rott, M.D., Ph.D.

Assistant Professor
Division of Rheumatology and Immunology
Department of Medicine
Emory University School of Medicine
Atlanta, Georgia
Cutaneous Small-Vessel Vasculitis

David Rowe, M.D.

University of Connecticut Health Science Center
Heritable Disorders of Structural Proteins

Clinton T. Rubin, Ph.D.

Professor and Chair
Department of Biomedical Engineering
Director, Center for Biotechnology
State University of New York
Stony Brook, New York
Biology, Physiology, and Morphology of Bone

Janet E. Rubin, M.D.

Professor of Medicine
Division of Endocrinology and Metabolism
Emory University School of Medicine
Physician
Endocrinology and Metabolism
Atlanta Veterans Affairs Medical Center
Atlanta, Georgia
Biology, Physiology, and Morphology of Bone

Perry J. Rush, M.D.

Assistant Professor
Department of Medicine
University of Toronto
Chief Physiatrist
Department of Medicine
St. John's Rehabilitation Hospital
Toronto Ontario Canada
Rehabilitation of Patients with Rheumatic Diseases

Tore Saxne, M.D., Ph.D.

Professor
Department of Rheumatology
Lund University
Lund, Sweden
Matrix Glycoproteins and Proteoglycans in Cartilage

H. Ralph Schumacher, Jr., M.D.

Professor of Medicine
University of Pennsylvania School of Medicine
Chief of Rheumatology
VA Medical Center
Philadelphia, PA
Hemoglobinopathies and Arthritis

Edward M. Schwarz, Ph.D.

Associate Professor
Department of Orthopaedics
University of Rochester School of Medicine and
Dentistry
Rochester, New York
Signal Transduction in Rheumatic Diseases

James R. Seibold, M.D.

Professor of Medicine
Director, Scleroderma Program
University of Medicine and Dentistry of New Jersey
Robert Wood Johnson Medical School Attending
Physician
Internal Medicine and Rheumatology
Robert Wood Johnson University Hospital
New Brunswick, New Jersey
Scleroderma

David C. Seldin, M.D., Ph.D.

Associate Professor of Medicine and Microbiology
Boston University School of Medicine
Attending Physician, Section of Hematology-Oncology
Department of Medicine
Boston Medical Center
Boston, Massachusetts
Amyloidosis

John S. Sargent, M.D.

Professor of Medicine
Vanderbilt University School of Medicine
Vice Chairman for Education
Department of Medicine
Vanderbilt Medical Center
Nashville, Tennessee
*Polyarticular Arthritis; Polyarteritis and Related
Disorders; Arthritis Accompanying Endocrine and
Metabolic Disorders*

Jay R. Shapiro, M.D.

Professor
Department of Medicine
Uniformed Services University
Bethesda, Maryland
Director
Osteogenesis Imperfecta Program
Kennedy Krieger Institute
Baltimore, Maryland
Heritable Disorders of Structural Proteins

Leonard H. Sigal, M.D., FACP, FACR

Clinical Professor
Departments of Medicine
Department of Pediatrics
Department of Molecular Genetics and Microbiology
University of Medicine and Dentistry of New Jersey
Robert Wood Johnson Medical School
Attending, Rheumatology Service
Robert Wood Johnson University Hospital
New Brunswick, New Jersey
Lyme Disease

Anna Simon, M.D.

Resident
Department of Medicine
Division of General Internal Medicine
University Medical Center St. Radboud
Nijmegen, The Netherlands
Familial Autoinflammatory Syndromes

Sheldon R. Simon, M.D.

Professor of Clinical Orthopaedics
Albert Einstein School of Medicine
Bronx, New York
Chief Division of Pediatric Orthopaedics
Department of Orthopaedics
Beth Israel Medical Center
New York, New York
Biomechanics of Joints

Martha Skinner, M.D.

Professor
Department of Medicine
Boston University School of Medicine
Director, Amyloid Program
Boston Medical Center
Boston, Massachusetts
Amyloidosis

Clement B. Sledge, M.D.

John B. and Buckminster Brown
Professor of Orthopedic Surgery, Emeritus
Harvard Medical School
Chairman, Department of Orthopedic Surgery,
Emeritus
Brigham and Women's Hospital
Boston, Massachusetts
*Introduction to Surgical Management of Patients with
Arthritis*
Principles of Reconstructive Surgery for Arthritis

Nicholas A. Soter, M.D.

Professor of Dermatology
The Ronald O. Perelman Department of Dermatology
New York University School of Medicine
Attending Physician
Tisch Hospital
The University Hospital of NYU
New York, New York
The Skin and Rheumatic Diseases

Timothy M. Spiegel, M.D., MPH

Department of Medicine/Rheumatology
Cottage Hospital
Santa Barbara, California
Ankle and Foot Pain

Paul A. Sponseller, M.D.

Professor and Vice-Chair
Department of Orthopaedics
Head, Pediatric Orthopaedics
Johns Hopkins University
Boston, Massachusetts
Heritable Disorders of Structural Proteins

C. Michael Stein, M.D.

Associate Professor of Medicine
Associate Professor of Pharmacology
Vanderbilt University School of Medicine
Nashville, Tennessee
Immunoregulatory Drugs

John H. Stone, M.D., MPH

Associate Professor of Medicine
Division of Rheumatology
Johns Hopkins University
Director
The Johns Hopkins Vasculitis Center
Baltimore, Maryland
The Classification and Epidemiology of Systemic Vasculitis

Vibeke Strand, M.D.

Adjunct Clinical Professor
Division of Immunology and Rheumatology
Stanford University School of Medicine
Palo Alto, California
Emerging Therapies in Rheumatoid Arthritis

Stephanie Studenski, M.D., MPH

Professor
Department of Medicine
University of Pittsburgh
Staff Physician
Geriatric Research Education and Clinical Center
Virginia Pittsburgh Healthcare System
Pittsburgh, Pennsylvania
Pharmacology and the Elderly

Carrie R. Swigart, M.D.

Assistant Clinical Professor
Department of Orthopaedics and Rehabilitation
Yale University School of Medicine
Associate
Yale-New Haven Hospital
New Haven, Connecticut
Hand and Wrist Pain

Zoltan Szekanecz, M.D., Ph.D., DSC

Associate Professor of Medicine, Rheumatology and
Immunology
Head of Rheumatology Division
Third Department of Medicine
Rheumatology Division
Debrecen, Hungary
*Endothelial Cell Biology, Angiogenesis, and Recruitment
Cells*

Paul P. Tak, M.D., Ph.D.

Professor of Medicine
Director, Division of Clinical Immunology and
Rheumatology
Academic Medical Center
University of Amsterdam
The Netherlands
*Synovial Fluid Analyses, Synovial Biopsy, and Synovial
Pathology; Biological Markers*

Johan M. TeKoppele, Ph.D.

Head, Division of Biomedical Research
TNO Prevention and Health
Netherlands Organization for Applied Scientific
Research
Leiden, The Netherlands
Biological Markers

Jerry Tenenbaum, M.D., FRCPC

Professor of Medicine
University of Toronto;
Director
Ontario International Medical Graduate Program
Mount Sinai Hospital
Toronto, Ontario, Canada
Hypertrophic Osteoarthropathy