

MANUAL

• • • • OF • • • •

RHEUMATIC

DISEASES

W. P. HOLBROOK • D. F. HILL



MANUAL OF
Rheumatic Diseases

by

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and

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with the assistance of

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THIS BOOK is respectfully dedicated to the general practitioner, for it is he who first sees these patients with chronic arthritis and has the opportunity to prevent crippling and deformity. This illustrated manual has been prepared in the belief that it may provide hope and better care for the seven million victims of chronic rheumatism in the United States.

Preface

IN THIS BOOK an attempt has been made to simplify and condense the practical information on rheumatic diseases so that it can be used quickly and easily as a guide to diagnosis and treatment by any interested physician. Large laboratories and well equipped hospitals are not required to carry out most of the simple basic routine described here. Procedures of office and home practice are emphasized. No effort has been made to write a documented scientific treatise. It is not intended to cover all aspects of all rheumatic diseases nor to discuss in detail the rare forms. Theories have largely been omitted. The reader seeking more detail or references to original articles should consult larger texts on the subject. The Rheumatism Review prepared by the American Rheumatism Association usually appears in the *Annals of Internal Medicine* every two years. It is an excellent current reference.

We are indebted to Mrs. Edna McCarthy, physical therapist, for her assistance in developing useful prevention and correction technics and to H. D. Moore and F. O. White for providing much of the photographic material used in Chapter 9.

—W.P.H.

—D.F.H.

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The Problem of Arthritis and Rheumatism

THE TERM "rheumatism" is as old as medicine and has been used for centuries to designate all forms of painful skeletal disturbances, whether joints, muscles, fibrous tissue or nerves were involved. "Rheumatism" is still used and is perhaps the best family name to include all rheumatic diseases. Current preference, however, is for the expression "arthritis and rheumatism," which simply means arthritis and the other rheumatic diseases.

Importance.—It is estimated that in the United States approximately seven and one-half million people are suffering from some form of chronic rheumatic disease. Therefore, approximately 1 in each 20 of our population is affected. If the average family consists of four individuals, then more than thirty million people have one member of their family suffering from chronic rheumatism. According to public health figures, there are twice the number of patients with chronic rheumatism as there are with heart disease, 10 times as many as have tuberculosis, 10 times as many as have diabetes, 7 times as many as have all forms of cancers and