

# Rheumatic Diseases

## Diagnosis and Management

WARREN A. KATZ, M.D.

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*With 28 Contributors*



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## Foreword

No branch of medicine has seen such an increase in importance and interest in recent years as that of the rheumatic diseases. From its place as a stepchild of medicine it has emerged as one of the leading contenders for the attention of students and younger physicians. As a result most physicians today are well versed in the more important and dramatic forms of these diseases, such as rheumatoid arthritis and systemic lupus. On the other hand many feel much less secure with regard to less well-defined diagnostic problems. Dr. Katz and his collaborators have written this book with the needs of such physicians in mind and have approached the subject of rheumatic disorders with emphasis on differential diagnosis.

There are, of course, chapters discussing the more important rheumatic diseases in standard fashion; and the principles of treatment also are covered. In addition a major section of the book is devoted to a regional consideration of musculoskeletal symptoms and signs in various parts of the body with a listing and brief discussion of their probable causes. Through this approach it has been possible to call to the reader's mind a number of possible articular and nonarticular causes which should be thought of but which are apt to be missed in the larger, more detailed rheumatologic treatises. The regional

chapters also contain useful, brief reviews of the essential anatomical and functional aspects of the various joints.

Two features which demand special comment are the many excellent illustrations which enrich the text and add greatly to the value of the book, and a series of ingenious "flow charts" illustrating the steps to be taken in reaching a diagnosis. These are presented on a problem-oriented basis with separate flow charts for various problems depending on the presenting feature, such as acute and chronic involvement of a single or of multiple joints. Indeed the book as a whole is problem-oriented, designed to be most helpful to the physician as he faces the various challenges that are inevitable in differential diagnosis.

Most medical texts are concerned solely with diseases. This book shows the concern of the authors with patients also and contains many practical suggestions for helping them understand and cope with the day-to-day and personal difficulties they face.

Although *Rheumatic Diseases—Diagnosis and Management* is designed primarily for the general physician there is much in it which is of interest and value to the experienced rheumatologist.

CURRIER MCEWEN, M.D.



## Preface

This book is designed for physicians who wish to sharpen their acumen in the diagnosis of rheumatic disorders. By virtue of our medical training, we often become disease-oriented. That is, we learn about one typical illness or another, particularly if it has some exotic appeal. Most textbooks on rheumatology foster this approach—one chapter on rheumatoid arthritis, another on gout, another on osteoarthritis, for example. Unquestionably, these larger volumes serve as valuable references. The casual reader may depend upon them for a detailed treatment of both old and new topics in rheumatology, but the busy clinician may need a more immediate helping hand. Furthermore, the patient is complaint-oriented. Instead of confronting his physician with his own diagnosis, he relates one or more symptoms. It is a fortunate patient who has his miseries computed instantaneously into a single, correct diagnosis. But how many times have we seen the patient who has been to several other physicians, each of whom diagnosed according to the limits of his specialty. A man with a painful left shoulder might find that his family physician labels his condition rheumatism, and the rheumatologist diagnoses arthritis. The orthopaedist calls it a torn muscle, the cardiologist treats him for angina pectoris, and the gastroenterologist suspects splenic flexure syndrome. Any one diagnosis may ultimately be correct, but too often by overemphasizing the disease, we fail to appreciate the diagnostic clues that the patient

sets before us! I accept the challenge presented to me by my students and colleagues to bridge the gap from symptoms to disease; from patient to physician.

In an effort to achieve this goal, the book is divided into four major sections. Part One deals with both obvious and more subtle clinical manifestations of the rheumatic diseases. In each chapter the author discusses a separate region of the musculoskeletal system, its functional anatomy, techniques of physical examination, the assessment of symptoms and signs referable to these areas, and ample differential diagnoses of the rheumatic diseases and those nonrheumatic entities that mimic them. There are separate discourses on the skin, mucous membranes, and eyes as mirrors of systemic disease. An analysis of those variables that enter into diagnostic decision-making ends the section.

In Part Two the various rheumatologic laboratory and roentgenographic procedures are highlighted. Within recent years, there have been many new biochemical and immunologic determinations that, in some respects, have served to confuse the clinician. Specialized isotopic and roentgenographic contrast studies, formerly esoteric, are now routine in many institutions. The significance, indications, advantages, and pitfalls of these ancillary examinations are individually set forth.

The chapters of Part Three more completely describe the clinical diagnostic features of individual disease entities referred



to under differential diagnosis in Part One. Pathogenesis and pathology are presented in the context of their clinical setting. There are, however, cross-references to more elaborate discussions. Each of the chapters ends with a description of the management program recommended for each disorder. It is, of course, important not only to know which therapeutic resources are available, but also to appreciate how to use them. The unilateral approach to the patient is passé; we now marshal the skills of the pharmacologist, physiatrist, surgeon, and psycho-social team.

Part Four deals with the indications, modes of action, side effects, contraindications, and alternatives to the many thera-

peutic modalities that the physician will use in treating his patient.

Each of the collaborating authors has been charged with the task of keeping his or her chapter as current as possible, but not so completely referenced so as to lose sight of the major objective—to teach the essence of diagnosis and management. We recognize that medicine, being an inexact science, is fraught with controversy. We have attempted to present a point of view (usually widely agreed upon).

Cross-referencing is used with moderation; but at the expense of lengthening the book, repetition has been employed intentionally as a teaching device.

WARREN A. KATZ, M.D.

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WARREN A. KATZ, M.D.

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