

Dr. Humeira Badsha

Consultant Rheumatologist in Dubai

What is a Rheumatologist?



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Rheumatology is often confused with Orthopaedics. Often, a patient with joint pain sees an **Orthopaedic doctor** instead of a **Rheumatologist**. **What is the difference?**

A **Rheumatologist** is a doctor who specializes in arthritis and bone and joint diseases. Rheumatologists prescribe medication to control inflammation and pain and monitor the patient closely.

Over 100 types of arthritis including **Rheumatoid Arthritis**, Osteoarthritis, **Lupus**, **Gout**, **Scleroderma**, Back pain, **osteoporosis**, etc. are treated by **Rheumatologists**.

The rheumatologist may give joint injections, order blood tests, or refer you to a surgeon or physical therapist - as appropriate.

An **Orthopedic** Doctor is someone a patient may consult to have major or minor operations or surgeries on their bones and joints - like joint replacements of hips, knees, **shoulders**; disc or back surgeries; tendon repairs or arthroscopies. Besides surgery, the Orthopedist may give you joint injections or refer you to a **Rheumatologist** or Physical Therapist.

More than 100 types of **arthritis and bone and joint** ailments are treated at the Dr. Humeira Badsha. Our experts are skilled in the latest treatment methods such as biological drugs, musculoskeletal **ultrasound** as part of the clinical examination, disease activity scores, and **ultrasound**-guided joint injections.

Among the more common bone & joint ailments treated at our Medical Center are:

- **Rheumatoid Arthritis** - Painful inflammation of the joints.
- **Seronegative Arthritis** - A diverse group of musculoskeletal syndromes.
- **Systemic Lupus Erythematosus (SLE, Lupus)** - A chronic inflammatory rheumatic diseases.
- **Ankylosing Spondylitis** - Chronic inflammation of the spine and the sacroiliac joints.
- **Reactive Arthritis (formerly Reiter's)** - An autoimmune condition, in response to an infection.
- **Seronegative Spondyloarthritis (SpA)** - A type of arthritis that attacks the spine.

- **Gout** - Painful, swollen joints due to build up of uric acid.
- **Connective Tissue Diseases** - A systemic autoimmune disease.
- **Sjogren's disease & Scleroderma** - Inflammation of the tear & salivary glands.
- **Back pain** - Pain that usually originates from the muscles, nerves, bones, joints or other structures in the spine.
- **Osteoarthritis** - Degenerative joint disease.
- **Knee pain** - A common musculoskeletal complaint.
- **Fibromyalgia** - A medical disorder causing severe pain in the joints & fatigue.

Top 10 Things To Do For Healthy Bones and Joints

Dr. Humeira Badsha recommends the following pointers for maintaining healthy bones and joints:

1. **Maintain a healthy body weight and body mass index.** Research has shown that every kilogram increase in body weight above normal increases the stress on knees by 5 kilograms.
2. **Consume sufficient calcium.** An adult needs 1000 mg of calcium daily, and a post-menopausal woman needs 1500 mg. One glass (200 ml) of milk contains about 300 mg of calcium.
3. **Get enough Vitamin D.** The daily requirement is 1000 IU, which can be obtained by exposure to the sun for about 15 minutes per day for very light-skinned people. More pigmented skins may struggle to absorb vitamin D, necessitating a supplement or fortified foods. Surprisingly, many people in sunny Dubai, UAE, are deficient in vitamin D.
4. **Exercise daily or at least 3-4 times per week.** A combination of aerobic activities and strength training is beneficial.
5. **Quit smoking.** Research has shown that smoking can increase your risk of rheumatoid arthritis by up to 20-fold.
6. **Pay attention to your body.** Do not ignore aches, pains, joint swelling, or stiffness. Consult a Rheumatologist promptly if you experience these symptoms.
7. **Eat fish.** The Omega oils in certain types of fish and walnuts help prevent arthritis.
8. **Watch your diet.** Beneficial anti-inflammatory properties can be found in ginger, turmeric, and avocado. Try to limit the consumption of excess red meats and alcohol.
9. **Relax.** Stress can trigger autoimmune diseases and certain forms of arthritis such as rheumatoid arthritis.
10. **Stretch regularly.** Stretching before exercise and throughout the day can prevent muscle strain and repetitive stress injuries.

Expert care for Arthritis, Lupus, and Autoimmune diseases.