



## *The Medical* **Bulletin**

### In Rheumatology

1. Lupus mortality rate is bimodal in distribution. It peaks in patients who die early from the disease or infection and again in patients who die later in life from cardiovascular diseases.
2. Inflammatory arthritis is characterized by morning stiffness, improvement with exercise, and involvement of small joints (although large joints may also be involved)
3. Patients with autoimmune disorders who smoke should be counseled to quit because tobacco has recently been linked to precipitation of symptoms and poorer prognosis.
4. Most rheumatologic diseases are diagnosed via clinical criteria based on thorough history, physical examination, and selective laboratory testing and imaging.
5. Early diagnosis of an inflammatory arthritis leads to intervention and improved clinical outcomes because there are many disease-modifying therapies available.
6. The most common immunoglobulin (Ig) deficiency is IgA deficiency, which can cause a false- positive pregnancy test.
6. Intranasal steroids are the single most effective drug for treatment of allergic rhinitis. Decongestion with topical adrenergic agents may be needed initially to allow corticosteroids access to the deeper nasal mucosa.

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