

Best Doctors MEMBER STORY

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call 1800 830 082 or visit
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NAME: Kim **AGE:** 58

Reason for consulting Best Doctors:
inflammation, pain and stiffness not improving
and looking for a definitive diagnosis

BEST DOCTORS EXPERT SPECIALTY:
rheumatology

Finally feeling better
and back to normal

About two years ago Kim began to feel mild clicking in the small joints of her hands. At first she did not think much of it, but then several months later was alarmed by sudden pain and swelling in her fingers with restricted range of motion at the joints, so much that daily activities at home and at work grew more and more difficult.

Anti-inflammatory medications did not provide any relief and gradually Kim found herself woken up by painful, stiff joints. Her rheumatologist was perplexed by both her serology test results and an MRI of her hand, which hinted at the possibility of inflammatory arthritis but not enough to be definitive. She was started on arthritis medication yet a year after the onset of her initial symptoms, Kim's condition had worsened. Feeling increasingly fatigued, the stiffness was not only affecting her hands, wrists and feet but also her shoulders, right knee and neck.

Kim and her rheumatologist worked together to make changes to her medication. Yet relief always seemed to be short-lived, and she was suffering from side effects to some of the drugs. Moreover, the medication was compromising her immune system and needed to be reduced for weeks at a time, which only served to worsen her discomfort during those times. Tired of living with the uncertainty of temporary improvements and concerned that she was still not 100% sure of her diagnosis, Kim decided to reach out to Best Doctors.

"With Best Doctors, everything was spot on. I could not praise them highly enough."

After speaking to Kim about her condition and particular concerns, Best Doctors ensured the collection of her complete medical records and imaging on her

behalf. They then selected a renowned expert in rheumatology for her case. Reviewing her lab tests and MRI imaging, the expert felt that Kim's symptoms were more consistent with a connective tissue disorder comprising Sjogren's syndrome (an immune disorder) with polyarthritis. Recommending additional testing to confirm this, he cautioned Kim against the continued use of her medication and instead recommended an alternative, more effective medication.

Since receiving the Best Doctors expert report, Kim and her rheumatologist have followed the recommendations. She is now on a new treatment regimen, which has dramatically improved her symptoms and allowed her to regain her quality of life.

"My condition was affecting my whole being. Since making the treatment changes recommended by Best Doctors, I'm a completely different person."

A definitive diagnosis and treatment
that is making a difference

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