



KPJ KAJANG
SPECIALIST HOSPITAL

ARTHRITIS & RHEUMATOLOGY CLINIC

Internal Medicine • Rheumatology

CLINIC HOURS



Monday to Friday : 8.30am - 5.00pm



Saturday : 8.30am - 5.00pm

Visit Our Website & Social Media
for more Information:



<https://kpjhealth.com.my/kajang/>



Jalan Cheras, Kampung Sungai Kantan,
43000 Kajang, Selangor



KPJ Kajang Specialist Hospital OFFICIAL



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CONTACT US

To book an Appointment:



Call Us : 03-8769 2989



Whatsapp Us : 019-333 2085

KPJ Hospital (Kajang):



Emergency Line : 03-8769 2999



General Line : 03-8769 2911



KPJ KAJANG
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CONSULTANT

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MD, UNIVERSITY MALAYSIA SABAH (UMS),
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FELLOWSHIP IN **RHEUMATOLOGY** (MALAYSIA)



RHEUMATOLOGY SERVICES

Clinical Focus :

Autoimmune Diseases



- Rheumatoid Arthritis (RA)
- Psoriatic Arthritis (PsA)
- Spondyloarthritis (SpA)
- Systemic Lupus Erythematosus (SLE)
- Systemic Sclerosis (Scleroderma)

Crystal Arthritis



- Gout
- CPPD Arthritis

Degenerative Arthritis



- Osteoarthritis

Soft Tissue Rheumatism



- Plantar Fasciitis
- Carpal Tunnel Syndrome
- Epicondylitis
 - Tennis & Golfers Elbow
- Trigger Finger

Pain Management



- Fibromyalgia
- Frozen Shoulder
- Lower Back Pain
- Nerve Entrapment (**Sakit Urat**) at Neck, Arms, Shoulder and Legs.

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We Take Care Of Your Health

We offer the best healthcare for you and your family.

RHEUMATOLOGY SERVICES

Procedure Focus :

- **Ultrasound-Guided Joint Aspirations / Injections**
- Viscosupplementation (Hyaluronic Acid Gel)
- Ultrasound-Guided Nerve Hydrodissection
- Perineural Injection Therapy & Prolotherapathy for Frozen Shoulder & Peripheral Nerve Entrapment.
- Sweet Caudal Injection for Prolapsed Intervertebral Disc (Mild- Moderate PID).



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RHEUMATOID ARTHRITIS (RA)

RA is an **Autoimmune** and **Inflammatory Disease**.

The immune system attacks healthy cells in the body by mistake, causing **inflammation** (painful swelling), commonly **hands**, wrists, knees and feet.



Symptoms

Joint pain, swelling and stiffness that lasts for six(6) weeks or longer. **Usually involves.**



Causes

The causes of **Rheumatoid Arthritis** are unknown. **But are believed to be Genes, Environment, and Sex Hormone.**



Treatment Includes

- Steroids (Prednisolone)
- NSAIDs (Anti-Inflammatory Medications)
- DMARDs (Disease Modifying Anti-Rheumatic Drugs)
 - eg. Methotrexate, Hydroxychloroquine, Sulphasalazine, Leflunomide
- tsDMARDs (Baricitinib, Tofacitinib, Upadacitinib)
- Biologics (Subcutaneous Injections Anti-TNF/IL-6/anti-CD20)
- Disease Modifying Anti-Rheumatic Drugs**
- Subcutaneous Injections**

- Joint damage/Deformity - Prosthesis/Surgery.
- Occupational Therapy & Physiotherapy.
- Diet & Lifestyle Changes.



Rheumatoid Conditions

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PSORIATIC ARTHRITIS (PsA)

A form of **Arthritis** that affects some people who have "Proriasis" - A skin condition that causes red skin patches with silvery scales.



Symptoms

Swollen Fingers & Toes (Sausage-like digits), Foot Pain (Heel & Sole of foot), Lower Back Pain, Nail Changes (Pitting/Crumbling).



Causes

Unknown, possibly related to **Genetic/Immune Cause**



Risk Factor

Family **History** of **Psoriatic**



Treatment Includes

- Topical Steroids + Salicylic Ointment
- DMARDs (Disease Modifying Anti-Rheumatic Drugs)
 - eg. Methotrexate, Sulphasalazine, Leflunomide
- tsDMARDs (jAKi)
- **Biologics** (Subcutaneous Injections **anti**-IL17, anti-TNF, IL-12/23)

- Combined management with the dermatologist is **Preferred**.
- Physiotherapy & Occupational Therapy.
- Joint damage/Deformity - **Prosthesis/Surgery**.

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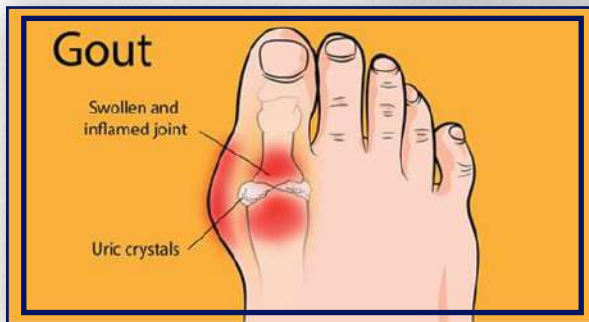
GOUTY ARTHRITIS

Gout is a common form of Crystal Inflammatory Arthritis.



24/7

Emergency Help Line
03-8769 2911



SYMPTOMS

Sudden painful joints with swelling , usually affecting the big toe causing difficulty to **walk, tophi**.



CAUSES

Hyperuricemia – Too much **Uric Acid** in the body causes uric acid crystals to build up in joints, **fluids and tissues within the body**.



TREATMENT – ACUTE AND CHRONIC

ACUTE – Colchicine, NSAIDs , Steroids, Ice Compression, Rest the joint.

CHRONIC – Frequent Attacks (more than 2 per year) need Urate Lowering Therapy. **Allopurinol**, Febuxostat, Probenecid acid, Benzbromarone, Ural sachet, Vitamin C, Dietary restrictions.

- Aim to keep **Serum Uric Acid Level < 360 Micromole/L**.

LOW PURINE DIET – Reduce Red Meat, Sweet Drinks **Rich in Fructose**, Anchovies, Sardine, Mackerel, Tuna, Internal Organs (eg. **Liver, Lungs, Intestines**).

INCREASE PLAIN WATER INTAKE – 2-3 **Litter** per day.

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SYSTEMIC LUPUS ERYTHEMATOUS (SLS)



SYSTEMIC LUPUS ERYTHEMATOSUS (SLE)

is an autoimmune disease in which the immune system attacks its tissues, causing widespread inflammation and tissue damage in the affected organs.

Symptoms

SLE patients may experience a variety of symptoms, including fatigue, skin rashes, oral ulcers, **fevers**, joint pain, facial puffiness & leg swelling.

Causes

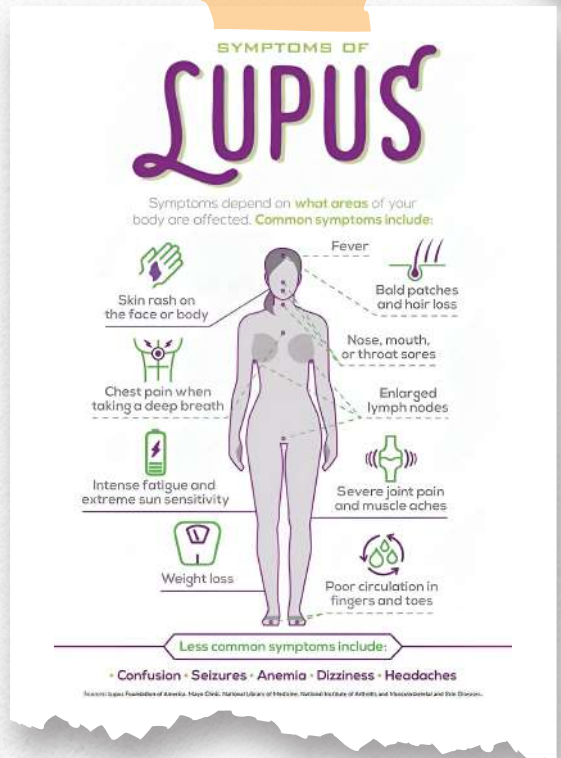
The causes of **SLE Linked** to Environmental, Genetic, and Hormonal Factors.

Treatment

There is **NO CURE** for lupus. However, early diagnosis and effective treatment and medications can help improve quality of life in SLE patients.

Medications

Steroids (Prednisolone)
Hydroxychloroquine
Azathioprine, Methotrexate, Mycophenolate Mofetil, Cyclosporin
Biologics (Belimumab, Anifrolumab)



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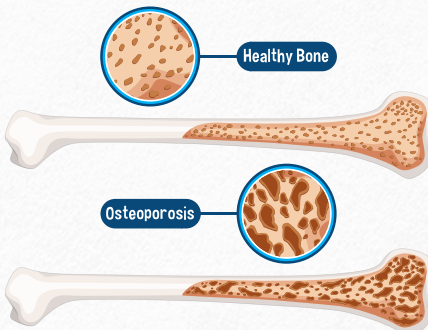
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OSTEOPOROSIS

What is Osteoporosis?

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decrease, or when the structure and strength of bone change. This can lead to a decrease in bone strength that increases the risk of fracture.



Symptoms

There are no symptoms of osteoporosis and can only be identified when one breaks hip bones, **vertebrates** in the spine, and wrist. **Women** are **at more** risk of getting osteoporosis than **men**.



Causes

Osteoporosis occurs when too much bone mass is lost and changes occur in the structure of bone tissue. It is also caused by risk factors such as:

- **Modifiable risk factors:** Vitamin D **Deficiency**, Obesity, **General Medical Conditions**, Sedentary **Lifestyle**.
- **Non-modifiable risk factors:** Sex, Age, **Body Size**, Race, **Family history changes to hormones**.



Treatment

Treating osteoporosis involves treating and preventing fractures, **medicines** to strengthen bones, and **medical intervention**.

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FIBROMYALGIA

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What is Fibromyalgia?

Fibromyalgia is a chronic (long-lasting) disorder that causes pain and tenderness throughout the body, as well as fatigue and **trouble sleeping**.



Symptoms

Patients experience throbbing, aching, or burning pain throughout the body or multiple parts of the body such as arms, legs, head, chest, abdomen, back, and buttocks. The patient could also feel fatigue, tiredness, and trouble sleeping (insomnia).



Causes

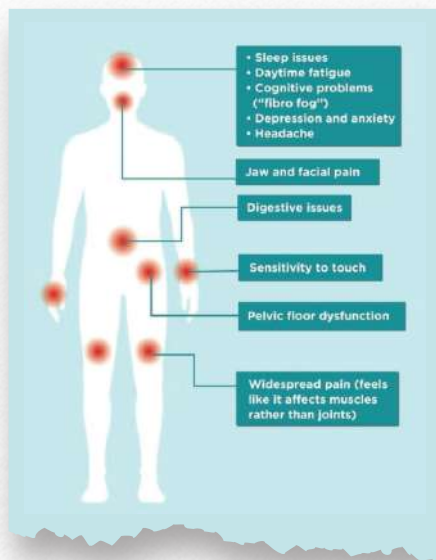
The causes of Fibromyalgia are unknown, but people with the disorder have heightened sensitivity to pain, and it tends to run in families.



Treatment

Treatment typically involves a combination of exercise or other movement therapies, psychological and behavioral therapy, and medications. **However, there is NO CURE for Fibromyalgia.**

Fibromyalgia Symptoms TO NEVER IGNORE!



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