

Nader A. Khalidi and John O'Neill

Arthritic disorders come in many different forms, and the key to specific diagnoses is in the meticulous taking of a history and performance of a physical exam. This will decide the type and extent of laboratory investigations and the choice of imaging techniques.

Confirming that symptoms are originating from the musculoskeletal system and are not referred, which may occur with neurologic or vascular disease, is essential. This decision making can be helped by simple questions on history such as if there is numbness or tingling, if symptoms occur at certain times, or if with certain positions (such as that of carpal tunnel syndrome which is worse at night because of the positional nature of the wrist in the flexed position), or if with pain in the buttocks or calves with ambulation (which resolves within minutes with vascular claudication upon resting or similar symptoms but take longer to resolve with neurogenic claudication).

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There are many types and subtypes of arthritides (Fig. 2.1). Some of the more common arthritides that are covered in this text and are important to keep aware of at all times include the following:

1. Osteoarthritis
2. Rheumatoid arthritis
3. Seronegative arthritis (ankylosing spondylitis, reactive arthritis, psoriatic arthritis, enteropathic arthritis)
4. Crystalline arthropathies (gout, CPPD)
5. Connective tissue disorders (SLE/scleroderma/polymyositis/dermatomyositis/Sjogren's)
6. Vasculitis
7. Infectious arthritis

Symptoms

Image interpretation should not be isolated and should be performed in conjunction with available clinical data. One must differentiate the underlying etiology of joint symptoms; the major differentials include inflammatory and mechanical etiologies. Inflammatory conditions typically are worse in the morning with stiffness lasting more than 60 min and improve with movement. Mechanical and degenerative arthritides on the other hand last less than 60 min and are worse with movement. The number and symmetry of joint involvement are helpful in determining the type of arthritis.

Essential Imaging In Rheumatology

William Ledoux, Scott Telfer



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Table of Contents Essential Imaging In Rheumatology

1. Understanding the eBook Essential Imaging In Rheumatology
 - The Rise of Digital Reading Essential Imaging In Rheumatology
 - Advantages of eBooks Over Traditional Books
2. Identifying Essential Imaging In Rheumatology
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Essential Imaging In Rheumatology
 - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Imaging In Rheumatology
 - Personalized Recommendations
 - Essential Imaging In Rheumatology User Reviews and Ratings
 - Essential Imaging In Rheumatology and Bestseller Lists
5. Accessing Essential Imaging In Rheumatology Free and Paid eBooks
 - Essential Imaging In Rheumatology Public Domain eBooks
 - Essential Imaging In Rheumatology eBook Subscription Services
 - Essential Imaging In Rheumatology Budget-Friendly Options

6. Navigating Essential Imaging In Rheumatology eBook Formats
 - ePub, PDF, MOBI, and More
 - Essential Imaging In Rheumatology Compatibility with Devices
 - Essential Imaging In Rheumatology Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Essential Imaging In Rheumatology
 - Highlighting and Note-Taking Essential Imaging In Rheumatology
 - Interactive Elements Essential Imaging In Rheumatology
8. Staying Engaged with Essential Imaging In Rheumatology
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Essential Imaging In Rheumatology
9. Balancing eBooks and Physical Books Essential Imaging In Rheumatology
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Essential Imaging In Rheumatology
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Essential Imaging In Rheumatology
 - Setting Reading Goals Essential Imaging In Rheumatology
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Essential Imaging In Rheumatology
 - Fact-Checking eBook Content of Essential Imaging In Rheumatology
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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