

# Index

- ACR-70 response, rheumatoid arthritis 84  
activator protein-1 (AP-1) pathway 240  
acupuncture, value in fibromyalgia syndrome 31  
acute quadriplegic myopathy 257–9  
adalimumab  
  use in psoriatic arthritis 182  
  use in vasculitides 157  
Adamantiades–Behçet’s disease *see* Behçet’s syndrome  
ADAMTS-5 gene 41  
adenine phosphoribosyltransferase deficiency 186  
adenosine deaminase deficiency 186  
adenylsuccinate lyase deficiency 186  
ADFR (Activate, Decrease osteoclast activity, Free of treatment and Repeat) 230  
adhesive capsulitis (frozen shoulder) 14–16, 212  
adiponectin 43  
Adson’s test 22  
adynamic bone disease 248  
alcohol consumption  
  as cause of male osteoporosis 233  
  effect on uric acid synthesis 185–6  
  relationship to RA risk 98  
alcoholic myopathy 257  
alefacept, use in psoriatic arthritis 182  
alemtuzumab 149  
alendronate 223  
  combination with cholecalciferol 220  
  combination with raloxifene 230  
  fracture prevention 224  
  long-term use 224  
  use during corticosteroid therapy 238, 240  
  use in male osteoporosis 234  
  use in Paget’s disease 243  
alfacalcidol 219, 240, 250  
alkaline phosphatase, levels in Paget’s disease 242  
allantoin 184  
allopurinol 106, 187, 188, 192–3, 194  
alopecia, in SLE 122  
alpha<sub>2</sub>-adrenergic agonists, use in fibromyalgia syndrome 30  
alpha-adrenergic antagonists, value in Raynaud’s phenomenon 137  
alphaviruses 208  
Alu-Caps 250  
Alzheimer’s disease, similarity to inclusion body myositis 262  
American College of Rheumatology (ACR), classification criteria for SLE 117  
aminoacyl-tRNA synthetase antibodies 261, 262  
Andersen syndrome 255  
androgen deprivation therapy, osteoporosis risk 235  
androgen therapy, male osteoporosis 234–5  
angiogenesis, abnormalities in psoriasis 182  
angiotensin II receptor antagonists, use in Raynaud’s phenomenon 137  
angiotensin-converting enzyme (ACE) inhibitors  
  use in Raynaud’s phenomenon 137  
  use in scleroderma renal disease 142, 143  
animal bites 201  
ANKH gene 198  
ankylosing spondylitis 4, 87  
  BASMI 88–90  
  diagnosis 173  
  effects on heart 91  
  mortality risk 91  
anterior compartment syndrome 24  
anterior cruciate ligament tears 6  
antibiotic treatment  
  of osteomyelitis 203  
  of septic arthritis 201, 204  
antibody treatments 149  
  use in Behçet’s syndrome 166  
  use in inflammatory myopathies 264  
  use in psoriatic arthritis 181–2  
  use in vasculitides 157, 158  
  *see also* anti-TNF therapy  
anti-CCP antibodies 5, 72, 73, 79–80  
  association with smoking 75  
  in psoriatic arthritis 182  
anti-centromere antibodies 110  
  scleroderma 141, 142  
  Sjögren’s syndrome 132  
anticonvulsants, use in fibromyalgia syndrome 30  
antidepressants, use in fibromyalgia syndrome 30  
anti-dsDNA antibodies 110–11, 117  
  in monitoring of SLE 124–5  
anti-histone antibodies 117, 118  
anti-hnRNP antibodies 112  
anti-inflammatory properties, statins 269  
anti-Jo-1 antibodies 112, 261, 262  
anti-neutrophil cytoplasmic antibodies (ANCA) 155, 156–7, 157–8

- anti-nuclear antibodies (ANAs) 78–9, 110, 113–15  
 anti-dsDNA 110–11  
 anti-hnRNP 112  
 anti-Jo-1 112, 261, 262  
 anti-Scl-70 112, 141, 142  
 anti-Sm and anti-RNP 111–12  
 anti-SSA/Ro and anti-SSB/La 111, 116, 129  
 in endometriosis 113  
 environmental factors 112  
 in scleroderma 141, 142  
 in Sjögren's syndrome 130  
 in SLE 116–18
- antioxidant intake, relationship to RA risk 97, 98
- antiphospholipid antibodies 209
- antiphospholipid syndrome (APS), risks during pregnancy 94
- antiplatelet therapy  
 in giant cell arteritis 162  
 use in Raynaud's phenomenon 137
- anti-RA33 antibodies 112
- anti-RNA polymerase III antibodies, scleroderma 142
- anti-RNP antibodies 111–12
- anti-Scl-70 antibodies 112, 141, 142
- anti-Sm antibodies 111–12, 117
- anti-SSA/Ro antibodies 111, 116, 129
- anti-SSB/La antibodies 111, 129
- antisynthetase syndrome 112
- anti-TNF therapy 51, 80, 83, 85  
 in hepatitis C 207  
 in inflammatory myopathies 264  
 in psoriatic arthritis 182  
 safety monitoring 79  
 in vasculitides 157  
*see also* etanercept; infliximab
- anti-topoisomerase (anti-Scl-70) antibodies 112, 141, 142
- antiviral antibodies 206
- anxiety disorders, in fibromyalgia syndrome 28
- aortic calcification 249–50
- aortic insufficiency, AS 91
- aplastic anaemia, parvovirus B19 as cause 207
- apoB-100 immunization 158
- APPROVe (Adenomatous Polyp Prevention on Vioxx) study 61
- aromatase activity, relationship to bone loss 235
- arthritis  
 acute monoarthritis, differential diagnosis 6–8  
 new onset  
 examination 3  
 history-taking 2–3  
 investigations 3–4  
 patterns of 4  
 in SLE 122  
*see also* osteoarthritis; psoriatic arthritis; rheumatoid arthritis; septic arthritis; viral arthritis
- arthritis mutilans 180
- arthroscopic release, frozen shoulder 16
- arthroscopy, in septic arthritis 201
- arylalkanoic acids 61
- 2-arylpropionic acids (profens) 61
- arzofoxifene 230
- ASC protein, role in gout 193
- aspiration of joints 4  
 diagnosis of septic arthritis 7, 201  
 in gout 190  
 knee 8–9  
 in pseudogout 196
- aspirin, low dose  
 concurrent non-selective NSAID therapy 61  
 use in Raynaud's phenomenon 137  
 use in SLE 126
- atherosclerosis, therapeutic strategies 158
- athletes, risk of osteoarthritis 43
- atrophic stage, scleroderma 141
- autoantibodies, viral infection as trigger 206
- azapropazone 193
- azathioprine 148, 151  
 interaction with allopurinol 192  
 prediction of response 150  
 use in Behçet's syndrome 166  
 use in GCA and PMR 161  
 use in inflammatory myopathies 262  
 use during pregnancy 95, 127  
 use in psoriatic arthritis 181  
 use in Sjögren's syndrome 132  
 use in SLE 127  
 use in vasculitides 157
- B19 (parvovirus) 206–7
- back pain *see* low back pain
- bacteraemia, risk factors 204
- Barmah Forest Virus 208
- basiliximab 149
- bazedoxifene 230
- Becker muscular dystrophy 255
- Becker myotonia 255
- Behçet's syndrome 165–6  
 effect of pregnancy 94  
 genetic factors 166–7  
 insulin resistance 167
- benzbromarone 193
- betamethasone, intra-articular injection 51
- bicipital tendinitis 13
- biological agents  
 use in Behçet's syndrome 166

- use in inflammatory myopathies 264
- use in psoriatic arthritis 181–2
- use in vasculitides 157, 158
- see also* anti-TNF therapy
- biomarkers of osteoarthritis 43
- biopsy, in vasculitis 157
- see also* bone biopsy; muscle biopsy
- bisphosphonates 218, 219–20, 223–4, 226, 231
  - in combination treatment 230
  - interaction with teriparatide 229
  - osteonecrosis risk 224
  - patient compliance 225
  - structure and function 222–3
  - use during corticosteroid therapy 238–9, 240
  - use in male osteoporosis 234
  - use in neuropathic arthropathy 213
  - use in osteoarthritis 51
  - use in Paget's disease 242–3, 245
  - use in post-menopausal osteoporosis 225
- blood cultures, septic arthritis 201
- blood film appearance, rheumatoid arthritis 78
- body mass index (BMI), relationship to osteoarthritis risk 45
- bone biopsy 247, 248
- bone histomorphometry 248
- bone mineral density (BMD) 217–18
  - in diabetes 213
  - effect of strontium ranelate 228
  - effect of teriparatide 229
  - relationship to osteophyte formation 43
  - in renal osteodystrophy 248
- bone mineralization, effect of bisphosphonates 223
- bone remodelling, effects of statins 269
- BONE study 224
- bone turnover 247
- bone turnover markers, Paget's disease 242
- bosentan 144
  - value in Raynaud's phenomenon 138
- botulinum toxin injection, fibromyalgia syndrome 31
- breast cancer risk, effect of SERMS 228
- breast-feeding, effect on rheumatoid arthritis risk 74
- British Ankylosing Spondylitis Metrology Index (BASMI) 88–90
- brucellosis 201
- Burkholderia pseudomallei* 201
- butterfly rash 122
- c-ANCA 156, 157
- C-reactive protein (CRP) 4, 161
  - in giant cell arteritis 162
  - in rheumatoid arthritis 78, 80
  - in septic arthritis 9, 201
  - in SLE 125–6
- caffeine intake, relationship to RA risk 98
- Calcichew 250
- calcineurin inhibitors 148–9
- calcinosis, in scleroderma 141
- calcitonin
  - fracture prevention 224
  - use in neuropathic arthropathy 213
  - use in Paget's disease 243
- calcitriol (1, 25-dihydroxy-vitamin D<sub>3</sub>) 219, 247
- calcium channel blockers, value in Raynaud's phenomenon 137
- calcium levels, in teriparatide therapy 229
- calcium pyrophosphate dihydrate (CPPD) deposition disease (pseudogout) 8, 9, 195–6
  - associated conditions 196–7
  - diagnosis 196
  - hereditary 197
  - role of *ANKH* mutations 198
  - toll-like receptors 198
  - treatment 197–8
- calcium supplementation 231
  - in corticosteroid therapy 238
  - men 234
- cancers
  - association with dermatomyositis 260–1
  - breast cancer risk, effect of SERMS 228
  - as cause of lower back pain 172
  - vitamin D levels 219
- capsaicin cream, value in osteoarthritis 47
- carbon monoxide diffusion capacity, scleroderma 142
- CARD15* gene 179
- cardiac complications, ankylosing spondylitis 91
- cardiovascular disease risk
  - effect of NSAIDs 61–4
  - effect of raloxifene 228
  - in hyperuricaemia 186–7
  - in psoriasis 182
  - in SLE 125–6
- carnitine-palmitoyl transferase deficiency 257
- carpal tunnel, anatomy 22
- carpal tunnel release 24–5
  - endoscopic 26
- carpal tunnel syndrome (CTS) 21
  - causes 23
  - clinical signs 23
  - imaging techniques 25–6
  - management 24–5
- cartilage, in osteoarthritis 41
- cartilage oligomeric matrix protein 43
- caspase-1 role in gout 193
- cauda equina syndrome 171

- CCL2 162  
 CD4<sup>+</sup> T lymphocytes 93  
   in Sjögren's syndrome 129  
 celecoxib, cardiovascular risk 61–2, 63  
 CENP antibodies 132  
 central core disease 253  
 central nervous system involvement  
   Behçet's syndrome 166  
   SLE 127  
 centronuclear (myotubular) myopathy 254  
 cerivastatin 266  
 cervical rib syndrome 22  
 cervical rotation measurement 89, 90  
 cervical spinal cord stimulation, Raynaud's  
   phenomenon 137  
 channelopathies 255–6  
 Charcot joints (neuropathic arthropathy) 213  
 cheiroarthropathy 15, 212  
 Chikungunya 208  
 children, investigation of acute monoarthritis  
   9–10  
 chloroquine, value in psoriatic arthritis 181  
 cholecalciferol 219  
   combination with alendronate 220  
 cholestyramine 268–9  
 chondrocalcinosis 195  
   *see also* pseudogout  
 chondroitin, value in osteoarthritis 46, 49, 104  
 chronic kidney disease  
   protein restriction 187–8  
   use of allopurinol 192  
 chronic kidney disease–mineral and bone  
   disorder (CKD-MBD) 246–7, 251  
   adynamic bone disease 248  
   diagnosis and management 248–50  
   in early renal disease 250  
   high turnover bone disease (osteitis fibrosa  
     cystica) 247  
   mixed 247  
   osteomalacia 247  
 Churg–Strauss syndrome 155  
   ANCA 157  
   interferon therapy 158  
 cilostazol, value in Raynaud's phenomenon 138  
 Cinacalcet 250  
 citrullination 72  
 citrulline residues 5  
 CLASS (Celecoxib Long-term Arthritis Safety  
   Study) 57  
 clodronate, structure and function 222–3  
 clonidine, use in fibromyalgia syndrome 30  
 coenzyme Q<sub>10</sub> depletion 267  
 cognitive behavioural therapy, chronic low back  
   pain 177  
 cognitive decline, effect of raloxifene 228  
 cognitive dysfunction, in SLE 127  
 colchicine 9, 106  
   use in Behçet's syndrome 166  
   use in gout 190, 192–3  
   use in osteoarthritis 51  
   use in pseudogout 197  
   use in vasculitides 157  
 collagen genes 41  
 combination therapy  
   in osteoporosis 229–30  
   in rheumatoid arthritis 84  
 compartment syndromes 24  
 complement deficiencies  
   antinuclear antibodies 111  
   association with SLE 120, 157  
 compliance, bisphosphonate treatment 225  
 computer use, dry eyes 130  
 conduction disturbances, AS 91  
 congenital heart block 94, 95, 111  
 congenital myopathies 253–4  
 connective tissue growth factor (CTGF), role in  
   scleroderma 143  
 continuous-focus osteomyelitis 203  
 contractures, in scleroderma 141  
 coracoacromial arch anomalies 13–14  
 CORE (Continuing Outcomes Relevant to Evista)  
   study 227  
 Cori disease 256  
 corticosteroid-induced osteoporosis, investigation  
   and management 238–9  
 corticosteroid therapy 147–8, 151  
   as cause of male osteoporosis 233  
   in carpal tunnel syndrome 24  
   in frozen shoulder 16  
   in GCA and PMR 161  
   in gout 106  
   in hepatitis C 207  
   in inflammatory myopathies 262  
 injection 9  
   in carpal tunnel syndrome 24  
   epidural 176–7  
   in fibromyalgia syndrome 31  
   in frozen shoulder 16  
   intravenous, in giant cell arteritis 161, 162  
   in osteoarthritis 51  
   in pseudogout 197  
   in psoriatic arthritis 181  
   in rotator cuff disease 14  
   in tennis elbow 19, 20  
 long-term 162  
 during pregnancy 95  
 in rheumatoid arthritis 83, 84, 106  
 in Sjögren's syndrome 132  
 in SLE 126, 127  
 steroid myopathy 257, 258, 259

- in vasculitides 157
- in viral arthritis 210
- costoclavicular syndrome 22
- COX isoenzymes, role in ulcer healing 57
- COX-2 inhibitors 56, 57
  - cardiovascular risk 61–4
  - use in SLE 126
- coxibs 61
  - cardiovascular side effects 61–3
- Coxsackie virus, as trigger for Sjögren's syndrome 132
- CPEO (Chronic Progressive External Ophthalmoplegia) 256
- creatine kinase (CK) 262
  - monitoring in statin therapy 266, 270
- creatinine supplementation, value during steroid therapy 259
- CREST syndrome 110, 140
- critical illness myopathy (CIM) 257–9
- Crohn's disease 179
- CRTL1* gene 41
- CRTM* gene 41
- cryoglobulinaemia 154
  - antinuclear antibodies 111
- crystal arthritis 7–8, 9
  - see also* gout; pseudogout
- crystals, intra-articular 7
- culture-negative septic arthritis 203
- curcumin, effect on inflammation 100
- cyclooxygenase (COX) inhibitors 56–7
  - COX-2 selective drugs 56, 57
    - cardiovascular risk 61–4
    - use in SLE 126
- cyclooxygenase (COX) isoenzymes, role in ulcer healing 57
- cyclophosphamide 148, 151
  - effect on fertility 94
  - use in inflammatory myopathies 262
  - use in scleroderma 143
  - use in Sjögren's syndrome 132
  - use in SLE nephritis 127
  - use in vasculitides 157
- cyclosporin 149
  - use in Behçet's syndrome 166
  - use in inflammatory myopathies 262
  - use in psoriatic arthritis 181
  - use in vasculitides 157
- cytokine patterns in pregnancy 93
- daclizumab 149
- dactylitis, in psoriatic arthritis 180
- dapsone, use in vasculitides 157
- dehydroepiandrosterone (DHEA)
  - levels in GCA and PMR 162–3
- use in SLE 126–7
- dental hygiene, Sjögren's syndrome 131
- depression
  - in Sjögren's syndrome 132
  - in SLE 127
- dermatomyositis (DM) 260–1
  - antinuclear antibodies 111, 112, 113
  - pathogenesis 264
- dextropropoxyphene 51
- diabetes
  - bone complications 213
  - cheiroarthropathy 15, 212
  - joint disorders 213
  - ligament, tendon and capsular problems 212
  - musculoskeletal complications 211–12, 214–15
  - osteoporosis risk 213–14
  - type 2, risk from low vitamin D status 250–1
  - vitamin D levels 219
- diacerein 51
  - value in osteoarthritis 104
- diastolic dysfunction, AS 91
- diclofenac
  - cardiovascular risk 64
  - side effects 57
- diet 100–2
  - in inflammatory myopathies 262
  - recommendations in hyperuricaemia and gout 187
- dietary risk factors, rheumatoid arthritis 74, 97–8
- dietary supplements 99–100
  - see also* vitamin D treatment
- diffuse cutaneous scleroderma 140
- diffuse idiopathic skeletal hyperostosis (DISH) 213
- diffuse osteomyelitis 201
- disc prolapse 171, 172
- discectomy 176
- discoid lupus 118
- disease-modifying antirheumatic drugs (DMARDs) 83–4
  - effect on fertility 93–4
  - use during pregnancy 95
- disease-modifying drugs, benefits in psoriatic arthritis 182
- disease-modifying osteoarthritis drugs (DMOADs) 51–2, 104
- dislocation, risk after hip replacement surgery 67
- diuretics, use in carpal tunnel syndrome 24
- DNA methylation abnormalities 119
- docosahexaenoic acid 98
  - benefit in RA 82–3
- doxycycline, value in osteoarthritis 51, 53, 104
- DRB1* gene 72
- drug abuse, septic arthritis 201

- drug-induced lupus 118–19  
 drug interactions, with allopurinol 192  
 dry eyes, Sjögren's syndrome 130  
 dry mouth, Sjögren's syndrome 130–1  
 dual-energy X-ray absorptiometry (DEXA) 218  
   indications in men 233  
 Duchenne muscular dystrophy 255  
 duloxetine, use in fibromyalgia syndrome 30  
 Dupuytren's disease (DD) 212  
   matrix metalloproteinases 213
- eccentric loading exercises, rotator cuff disease 14  
 eculizumab, use in inflammatory myopathies 264  
 efalizumab 149  
   use in psoriatic arthritis 182  
 eicosapentaenoic acid 98  
   benefit in RA 82–3  
 elbow pain  
   golfer's elbow 19  
   tennis elbow 18–19, 20  
 elderly people  
   polyarthritis 103  
     gout 106  
     osteoarthritis 103–4  
     rheumatoid arthritis 104–6, 150  
   recurrent haemorrhagic shoulder 14  
 elemental diets 99  
 elimination diets 99  
 Emery–Dreifuss muscular dystrophy 255  
 endometriosis 113  
 endoscopic carpal tunnel surgery 26  
 endothelial dysfunction, scleroderma 143  
 endothelin (ET), role in scleroderma 143, 144  
 enthesitis, in psoriatic arthritis 180  
 entrapment neuropathies 21–4, 25–6  
   association with diabetes 211  
   carpal tunnel syndrome 24–5  
   as cause of heel pain 35  
 eosinophilia myalgia syndrome 112  
 epidermal growth factor (EGF), polymorphisms  
   in psoriasis 182  
 epidural steroid injections, value in low back pain 176–7  
 epigenetic modifications, SLE 119, 120  
 Epstein–Barr virus (EBV), as trigger for  
   rheumatoid arthritis 74–5  
 erythema infectiosum ('slapped cheek') 206  
 erythrocyte sedimentation rate (ESR) 4, 161  
   in giant cell arteritis 162  
   in polymyalgia rheumatica 160  
   in rheumatoid arthritis 78  
   in scleroderma 142  
   in septic arthritis 201  
   in SLE 125–6  
 etanercept 149  
   use in Behçet's syndrome 166  
   use in inflammatory myopathies 264  
   use in psoriatic arthritis 182  
   use in vasculitides 157, 158  
 ethnic differences  
   in GCA and PMR 160  
   in gout 184  
   in psoriasis 179  
   in scleroderma 140  
   in SLE 123–4  
   in use of statins 267  
 etidronate 238–9  
   structure and function 222–3  
   use in Paget's disease 243  
 etoricoxib, risk comparison with diclofenac 64  
 exercise  
   protection against fractures 218–19, 221  
   value in inflammatory myopathies 262  
   value in osteoarthritis 46  
 exercise programmes  
   in frozen shoulder 15–16  
   in joint replacement surgery 66  
   in plantar fasciitis 36  
   in rotator cuff disease 14  
 extractable nuclear antigens 110  
 ezetimibe 268, 269
- facet joint hypertrophy 171  
 facet joint injections 176  
 facial pain, in fibromyalgia syndrome 28  
 facioscapulohumeral muscular dystrophy 255  
 family history, in new-onset joint pain 3  
 fasting, effect on inflammation 99  
 fatigue 91  
   in fibromyalgia syndrome 28  
 FDG-PET, in diagnosis of infections 204  
 febuxostat 188, 193  
 fenofibrate, use in gout 191, 193  
 fertility 93–4  
   in Sjögren's syndrome 96  
 fetus, effects of maternal rheumatic disease 94–5  
 fever, significance in monoarthritis 7  
 fibrates, muscle side effects 266, 267, 268  
 fibrillin 140  
 fibroblast dysfunction, scleroderma 142, 143  
 fibroblast growth factors, polymorphisms in  
   psoriasis 182  
 fibromyalgia syndrome (FMS) 27–8  
   epidemiology and aetiology 29  
   investigation 29, 30  
   outlook and management 29–31

- fingernails, in psoriasis 3  
 fish oil, benefit in RA 82–3, 98–9  
 flavonoids 100  
 fluorinated steroids, risk of myopathy 257  
 fluoxetine, value in Raynaud's phenomenon 137  
 fluvastatin, risk of muscle side effects 267, 268  
 $\alpha$ -fodrin antibodies 132  
 footwear choice, osteoarthritis 47  
 fracture prevention  
   raloxifene 227  
   strontium ranelate 228, 230  
   teriparatide 229  
 fractures, osteoporotic 218  
   in men 233–5  
   risk in glucocorticoid-induced osteoporosis 238  
   *see also* osteoporosis  
 frozen shoulder 13, 14–16, 17  
 fructose, effect on uric acid synthesis 185, 187  
 fruit intake, relationship to RA risk 97, 98
- gabapentin, use in fibromyalgia syndrome 30  
 GAIT (Glucosamine/chondroitin Arthritis Intervention Trial) 104  
 gastric side effects, NSAIDs 55, 56, 59, 61  
   protection strategies 56–7  
   risk evaluation 58  
 gastro-oesophageal reflux, in fibromyalgia syndrome 28  
 gastrointestinal problems  
   in scleroderma 141, 143–4  
   Sjögren's syndrome 131  
 gemfibrozil, combination with cerivastatin 266  
 gender differences  
   in gout 184  
   in osteoarthritis 103  
   in osteoporosis risk 218  
   in Raynaud's phenomenon 135  
   in Sjögren's syndrome 129  
   in SLE 118–19  
 gene therapy, osteoarthritis 51–2  
 genetic factors  
   in Behçet's syndrome 166–7  
   in osteoarthritis 41, 43  
   in pseudogout 197, 198  
   in psoriasis 179  
   in rheumatoid arthritis 72, 75  
   in systemic lupus erythematosus 117  
 genetic screening, Paget's disease 243  
 giant cell arteritis (GCA) 154, 155, 159–60, 163–4  
   antiplatelet therapy 162  
   biological therapies 158  
   clinical features 160–1  
   DHEA levels 162–3  
   epidemiology 162  
   genetic basis 162  
   investigation 161, 163  
   treatment 161–2, 163  
 ginger extracts, value in osteoarthritis 52  
 glenohumeral osteoarthritis 12  
 glitazones, osteoporosis risk 214, 250  
 glucocorticoid-induced osteoporosis 237–8, 240  
   investigation and management 238–9  
 glucocorticoid therapy *see* corticosteroid therapy  
 glucosamine, value in osteoarthritis 46, 48–9, 104  
 glycogen storage diseases 256–7  
 golfer's elbow 19  
 gonococcal arthritis 7  
 Gottron's sign 261  
 gout 7–8, 9, 10, 106, 189, 193–4  
   acute management 190  
   association with diabetes 211  
   dietary recommendations 187  
   gender and ethnic differences 184  
   investigations 190  
   molecular basis for inflammation 193  
   prophylaxis 190–3  
   risk factors 190  
   serum urate levels 7  
   *see also* hyperuricaemia; uric acid  
 graft-versus-host disease 112  
   similarity to scleroderma 144  
 Greek Atorvastatin and Coronary Heart Disease Evaluation study 186–7  
 green tea, value in osteoarthritis 52
- headaches  
   in fibromyalgia syndrome 28  
   in SLE 127  
 health status, in psoriatic arthritis 182  
 heart, effects of ankylosing spondylitis 91  
 Heberden's nodes, genetic predisposition 41  
 heel pain  
   common causes 34  
   plantar fasciitis 33–7  
 heel spurs 34  
*Helicobacter pylori* infection, interaction with NSAID therapy 57, 59  
 Henoch-Schönlein purpura 154  
 Hep2000 cell line 110  
 hepatitis, viral arthritis 206  
 hepatitis B 208  
 hepatitis C 207–8, 209  
   cryoglobulinaemia 154  
 hereditary neuropathy with liability to the pressure palsies (HNPP) 2

- hexosamine biosynthetic pathway 48–9
- high turnover bone disease (osteitis fibrosa cystica) 247
- hip, septic arthritis 9
- hip fracture, morbidity 233
- hip fracture prevention, strontium ranelate 228
- hip replacement surgery 65, 69
  - complications 67
  - exercise programmes 66
  - indications 66, 67
  - minimal incision 68
  - prosthesis survival 67–8
  - value of weight reduction 65–6
- histamine H<sub>2</sub> receptor antagonists, use with NSAIDs 56
- histone modification 119
- HIV infection 208
  - association with inclusion body myositis 262
- HLA-B51 166
- HLA-Cw0602 allele 179
- HLA-DRB1\*04 160, 162
- homocysteine levels, Behçet's syndrome 167
- homogeneous staining, ANA 110, 117
- hormone replacement therapy (HRT) 218, 231
  - combination with teriparatide 230
  - in osteoarthritis 43, 51
  - use in SLE 119
- HTLV (human T-lymphotropic virus)-1
  - infection, association with inclusion body myositis 262
- human bites 201
- hyaluronan, serum levels 43
- hyaluronic acid, intra-articular injection 47, 49, 104
- hydralazine, association with DIL 118
- hydroxychloroquine 149
  - use in hepatitis C 207
  - use in psoriatic arthritis 181
  - use in Sjögren's syndrome 132
  - use in SLE 126
- hyperbaric oxygen therapy, osteomyelitis 203
- hypergammaglobulinaemia, antinuclear antibodies 111
- hyperglycaemia, association with osteoarthritis 41–2
- hyperkalaemic periodic paralysis 255
- hyperostosis 213
- hyperparathyroidism, vascular dysfunction 250
- hypertensive disorders of pregnancy 96
- hyperuricaemia 188
  - cardiovascular disease risk 186–7
  - causes 185–6
  - dietary recommendations 187
  - treatment 187
  - see also* gout
- hypogonadism 233
  - testosterone treatment 234–5
- hypokalaemic periodic paralysis 255
- hypomethylation, association with SLE 119
- hypothyroidism
  - chondrocalcinosis 197
  - gout 190
- hypoxanthine phosphoribosyltransferase (HPRT) deficiency 186
- ibandronate 223, 224
  - use in male osteoporosis 234
  - use in Paget's disease 243
- ibuprofen
  - cardiovascular risk 63
  - interaction with aspirin 61
- imaging
  - chronic low back pain 176
  - rheumatoid arthritis 78
  - see also* magnetic resonance imaging; positron emission tomography (PET);
- radiography
- immobility, muscle loss 259
- immunoglobulin, use in inflammatory myopathies 262
- immunosuppressive drugs 147
  - antibody treatments 149
  - antiproliferative and antimetabolic drugs 148
  - see also* azathioprine; cyclophosphamide; leflunomide; methotrexate; mycophenolate mofetil
  - calcineurin inhibitors 148–9
  - glucocorticoids 147–8
  - see also* corticosteroid therapy
  - hydroxychloroquine 149
  - indications for use 150
  - sulphasalazine 149
  - therapeutic monitoring 149–50, 151
  - use in vasculitides 157
- impingement theory, rotator cuff disease 13–14
- incision length, hip replacement 68
- inclusion body myositis (IBM) 261–2
  - pathogenesis 264
- indurative stage, scleroderma 141
- infection, risk after joint replacement surgery 67
- infections
  - association with arthritis 3
  - as cause of lower back pain 172
  - as cause of Paget's disease 242
  - as trigger for giant cell arteritis 154, 160
  - as trigger for rheumatoid arthritis 74–5
  - as trigger for Sjögren's syndrome 132
  - see also* septic arthritis
- inflammation assessment, SLE 125–6

- inflammatory lower back pain 172, 173  
inflammatory markers, as outcome measures 88  
inflammatory myopathies 260–2  
    diagnosis and management 262–3  
    use of biological agents 264  
infliximab 149  
    use in Behçet's syndrome 166  
    use in GCA and PMR 161  
    use in inflammatory myopathies 264  
    use in psoriatic arthritis 182  
    use in vasculitides 157, 158  
insulin resistance  
    in Behçet's syndrome 167  
    possible effect of glucosamine supplementation 49  
interferon therapy  
    in Behçet's syndrome 166  
    in Churg–Strauss syndrome 158  
    interferon 1, possible role in SLE 119–20  
    topical use in Sjögren's syndrome 131  
interleukin-1 inhibitors 83  
interleukin-18  
    association with Behçet's syndrome 167  
    levels in DM and PM 164  
intermalleolar distance measurement 89, 90  
interstitial pulmonary fibrosis 112  
intervertebral disc prolapse 171, 172  
    discectomy 176  
intravenous drug users, septic arthritis 201  
intravenous immunoglobulin, use in vasculitides 157  
irritable bowel syndrome, in fibromyalgia syndrome 28
- joint aspiration 4  
    diagnosis of septic arthritis 7, 201  
    in gout 190  
    knee 8–9  
    in pseudogout 196  
joint count 88, 89  
    prognostic value in RA 80  
joint pain  
    acute monoarthritis, differential diagnosis 6–8  
    new onset  
        examination 3  
        history-taking 2–3  
        investigations 3–4  
joint replacement surgery 65, 69  
    complications 67  
    exercise programmes 66  
    indications 66, 67  
    minimal incision 68  
    perioperative methotrexate therapy 66–7  
    prosthesis survival 67–8  
    unicompartmental knee arthroplasty 68  
    value of weight reduction 65–6  
juvenile Paget's disease 243
- Kawasaki syndrome 155  
Kearns–Sayre syndrome 256  
Kelley–Seegmiller syndrome 186  
knee joint  
    aspiration 8–9  
    magnetic resonance imaging 10  
    monoarthritis, differential diagnosis 6–8  
    osteoarthritis, corticosteroid injection 51  
knee replacement surgery 65, 69  
    complications 67  
    indications 66, 67  
    post-operative weight gain 66  
    prosthesis survival 68  
    unicompartmental 68
- laminin-1 113  
lansoprazole, gastric protection in NSAID therapy 59  
large vessel vasculitis 155  
laser therapy, Raynaud's phenomenon 137  
lasofoxifene 230  
late-onset RA (LORA) 105–6, 150  
lateral cutaneous nerve of the thigh, meralgia paraesthetica 24  
lateral epicondylitis (tennis elbow) 18–19  
    RCT of treatments 20  
leflunomide 148  
    avoidance during pregnancy 95  
    safety monitoring 79  
    use in psoriatic arthritis 181  
    use in Sjögren's syndrome 132  
leptin levels, Behçet's syndrome 167  
Lesch–Nyhan syndrome 186  
LIFE (Losartan Intervention for Endpoint Reduction) study 187  
lifestyle modification, SLE 126  
ligamentum flavum hypertrophy 171  
limb girdle muscular dystrophy 255  
limited cutaneous scleroderma 140  
limited joint mobility (LJM), diabetes 212  
linoleic acid 46  
 $\alpha$ -linolenic acid 46  
local anaesthetic injection, fibromyalgia syndrome 31  
losartan, use in gout 191, 193  
low back pain  
    acute 169–70, 174  
    ankylosing spondylitis 173  
    causes 170–1

- low back pain – *contd*  
 acute – *contd*  
   management 172–3  
   outcome 173  
   specific pathology 171–2  
 chronic  
   clinical examination 175–6  
   imaging 176  
   opioid use 177  
   treatment 176–7  
 indicators for nerve root problems 171  
 inflammatory 172, 173  
 ‘red flags’ 170  
 risk factors 170  
 Low-Dye taping, plantar fasciitis 35  
 lumbar flexion measurement 89, 90  
 LUMINA (lupus in minorities: nature versus nurture) study 124, 126  
 lupus nephritis 122, 124, 127, 150  
 Lyme disease 7  
 lymphoma, risk in Sjögren’s syndrome 132
- M1-2 antibodies 262  
 McArdle disease 257  
 magnetic resonance imaging (MRI)  
   in carpal tunnel syndrome 24–5  
   in giant cell arteritis 161  
   in inflammatory myopathies 262  
   of knee joint 10  
   in low back pain 176  
   in osteomyelitis 203  
   in psoriatic arthritis 180  
 male osteoporosis 233–5  
   diagnosis and management 236  
 malignancy  
   association with dermatomyositis 260–1  
   breast cancer risk, effect of SERMS 228  
   as cause of lower back pain 172  
   vitamin D levels 219  
 malignant bone pain 2  
 malignant hyperthermia 255–6  
 mammalian target of rapamycin (MTOR) 148  
 manipulation under anaesthesia (MUA), value in  
   frozen shoulder 16  
 matrix metalloproteinases (MMPs)  
   in Dupuytren’s disease 213  
   as therapeutic targets 51  
 medial calcaneal nerve entrapment 35  
 medial compartment syndrome 24  
 medial epicondylitis (golfer’s elbow) 19  
 median neuritis 23  
 Mediterranean diet 98  
 medium vessel vasculitis 154–5  
 medullary osteomyelitis 201
- MELAS (Myopathy, Encephalopathy, Lactic Acidosis and Stroke) 256  
 melioidosis 201  
 meloxicam, cardiovascular risk 62  
 membranous staining, ANA 110  
 menopause  
   effect on BMD 218  
   effect on osteoarthritis risk 43  
 meralgia paraesthetica 24  
 mercaptopurine, interaction with allopurinol 192  
 MERRF (Myoclonic Epilepsy with Ragged Red Fibres) 256  
 metabolic syndrome, association with  
   hyperuricaemia 186  
 methotrexate therapy 148, 151  
   effect on fertility 94  
   in GCA and PMR 161  
   in inflammatory myopathies 262  
   joint replacement surgery 66–7  
   prediction of response 150  
   in psoriasis 181  
   teratogenicity 95  
   in rheumatoid arthritis 84, 86  
   safety monitoring 79  
   in scleroderma 143  
   in Sjögren’s syndrome 132  
   in vasculitides 157  
 methylene tetrahydrofolate reductase levels 150  
 methylprednisolone  
   epidural injection 177  
   intra-articular injection 51  
   intravenous, in inflammatory myopathies 262  
   use in GCA 161, 162  
 microchimaerism hypothesis, scleroderma 144  
 microscopic polyangiitis 155  
   ANCA 157  
 minimal incision, hip replacement surgery 68  
 minocycline 51  
   association with DIL 118  
 misoprostol 56  
 mitochondrial myopathies 256  
 mitochondrial toxicity, statins 269  
 mixed connective tissue disease (MCTD),  
   antinuclear antibodies 111, 112, 113  
 MMP-3 gene 41  
 MOBILE study 224  
 monitoring  
   of immunosuppressive treatment 149–50, 151  
   of systemic lupus erythematosus (SLE) 123–5  
 monoarthritis 4  
   diagnostic errors 7  
   differential diagnosis 6–8  
   *see also* gout; septic arthritis  
 monocarboxylate transporter 4 inhibition, statins  
   269

- monoclonal antibodies 149
- monocyte chemoattractant protein-1 (MCP-1) 162
- MORE (Multiple Outcome of Raloxifene Evaluation) trial 227, 228
- morphea 140  
*see also* scleroderma
- movement disorders, in fibromyalgia syndrome 28
- multidisciplinary management, low back pain 177
- multiple sclerosis, vitamin D levels 219
- multiplex technologies 113
- muscle biopsy 262
- muscle complications of statins 211–12, 266–7, 269–70  
 diagnosis and management 267–9  
 pathogenesis 269  
 rhabdomyolysis 267
- muscular dystrophies 254–5
- muscular infarction, diabetic 212
- muscular pains, Sjögren's syndrome 131
- myalgia 266
- mycophenolate mofetil (MMF) 148, 150  
 use in psoriatic arthritis 181  
 use in scleroderma 143  
 use in SLE nephritis 127  
 use in vasculitides 157
- Mycoplasma pneumoniae*, as trigger for giant cell arteritis 154, 160
- myoadenylate deaminase deficiency 186
- myocardial infarction risk  
 after joint replacement surgery 67  
 NSAIDs 57, 61–4
- myopathies  
 acquired  
 alcoholic myopathy 257  
 critical illness myopathy 257–9  
 steroid myopathy 258, 259  
 channelopathies 255–6  
 classification 254  
 congenital 253–4  
 in congenital metabolic disorders 256–7  
 inflammatory 260–2  
 diagnosis and management 262–4  
 mitochondrial 256  
 muscular dystrophies 254–5  
 myositis-specific antibodies (MSA) 262
- myotonia 255
- myotonic dystrophy 254–5
- myotubular (centronuclear) myopathy 254
- n-3 fatty acid supplementation, value in osteoarthritis 46–7
- N-arylanthranilic acids 61
- naifold capillaries, Raynaud's phenomenon 135, 140, 141
- NALP proteins, role in gout 193
- naproxen, interaction with aspirin 61
- NAT9 gene 179
- nemaline rod myopathy 253–4
- neonatal lupus syndrome 94–5
- Neoral *see* cyclosporin
- nerve root problems 171
- neural theory of tendinopathy 16
- neuropathic arthropathy (Charcot joints) 213
- neuropathies, Sjögren's syndrome 131–2
- niacin, muscle symptoms 268
- nifedipine, value in Raynaud's phenomenon 137
- night pain, shoulder 11–12
- nitric oxide synthase inhibitors, value in osteoarthritis 51
- nitric oxide synthases, role in ulcer healing 57
- non-steroidal anti-inflammatory drugs (NSAIDs) 54–5  
 classification 61  
 gastric side effects 56–9  
 mechanism of action 55–6  
 safety monitoring 79  
 use in carpal tunnel syndrome 24  
 use in elderly people 105–6  
 use in gout 190, 192  
 use in osteoarthritis 50–1  
 use in patients with cardiovascular risk 63  
 use during pregnancy 95  
 use in pseudogout 197  
 use in SLE 126
- nuclear factor- $\kappa$ -beta (NF- $\kappa$ B) pathway 53, 240
- nucleolar staining, ANA 110
- Nurses Health Initiative 218
- Nurses' Health Study, smoking, relationship to RA risk 74
- nutritional supplements, value in osteoarthritis 46–7, 52
- obesity  
 association with osteoarthritis 41–2, 43, 45  
 association with plantar fasciitis 34  
 and joint replacement surgery 65–6  
 as risk factor for osteoarthritis 104
- occupational risk factors  
 osteoarthritis 43  
 rheumatoid arthritis 74
- oedematous stage, scleroderma 141
- oesophageal dysfunction, scleroderma 141, 143–4
- oestrogen  
 effect on osteoarthritis risk 43

- oestrogen – *contd*  
 effect on rheumatoid arthritis risk 74, 75
- oestrogen therapy  
 in osteoarthritis 51  
 in osteoporosis 218, 231  
*see also* hormone replacement therapy (HRT)
- oligoarthritis 3
- olive oil 98
- omega-3 friendly foods 101
- omega-3 oil 98  
 benefits in rheumatoid arthritis 82–3, 99
- O'nyong-nyong 208
- opioids, use in chronic low back pain 177
- oral contraceptive pills, use in SLE 119
- orlistat 45
- orthoses  
 value in osteoarthritis 47  
 value in plantar fasciitis 35
- osteitis fibrosa cystica (high turnover bone disease) 247
- osteoarthritis 39–40, 103–4  
 aetiology 41  
 association with diabetes 211  
 comparison with pseudogout 196  
 drug treatment 50–3  
 non-pharmacological treatment 45–9  
 radiological severity scoring 40  
 risk factors 41–3  
 secondary causes 40
- osteoblast apoptosis inhibition 240
- osteoblasts, effect of corticosteroids 238
- osteoclast differentiation 243
- osteoclasts, activation at menopause 218
- osteoid 247
- osteomalacia 247
- osteomyelitis 201, 203  
 plasma procalcitonin 10  
 spinal 172, 204
- osteonecrosis, as side effect of bisphosphonates 224
- osteopenia, indications for bisphosphonates 223
- osteoporosis 217–18, 221  
 drug treatments 218, 231, 234  
 bisphosphonates 219–20, 223–4  
 combination treatment 229–30  
 raloxifene 227–8  
 sequential treatments 230  
 strontium ranelate 228–9, 230  
 teriparatide 229, 230  
 third generation SERMS 230
- glucocorticoid-induced 238–9
- investigations 226
- male 133–5  
 diagnosis and management 236  
 management 225, 226
- prevention in long-term steroid therapy 162
- risk factors 218–19
- risk in insulin-requiring diabetes 213–14
- risk from thiazolidinediones 250
- risk management 220
- spinal fracture 172
- osteoprotegerin (OPG) 218, 238, 243, 248
- osteosarcoma, as side effect of teriparatide 229
- outcome measures, RA and AS 88–92
- oxicams 61
- p-ANCA 156–7
- Paget's disease 241–2  
 avoidance of teriparatide 229  
 comorbidities 245  
 complications 242  
 genetic factors 243  
 investigation and management 242–3, 244  
 pain 2
- pain management  
 in fibromyalgia syndrome 30  
 in low back pain 176
- painful arc 13
- painful joints  
 acute monoarthritis, differential diagnosis 6–8  
 new onset  
 examination 3  
 history-taking 2–3  
 investigations 3–4
- pamidronate 224  
 structure and function 223  
 use during corticosteroid therapy 238  
 use in male osteoporosis 234  
 use in neuropathic arthropathy 213
- paracetamol 61  
 value in osteoarthritis 50–1
- parainfluenza virus 160
- paramyotonia 255
- parathyroid hormone (PTH) 247  
 in evaluation of renal osteodystrophy 248  
 recombinant *see* teriparatide
- parathyroidectomy, in renal osteodystrophy 249, 250
- parecoxib, cardiovascular side effects 62
- partial androgen deficiency in aging men (PADAM) 234–5
- parvovirus B19 160, 206–7, 208–9
- patient education, rheumatoid arthritis 84
- peak bone mineral density 218
- peginterferon- $\alpha$  therapy, hepatitis C 207
- pentazocine 51
- peptidylarginine deaminases (PADIs) 72
- periodontal disease, effect on rheumatoid arthritis 75

- Phalen's sign 23  
 pharmacogenomics 150  
 Phos-Ex (calcium acetate) 250  
 phosphate binders, use in chronic kidney disease 250  
 phosphoribosylpyrophosphate synthetase gene mutations 186  
 photosensitivity, SLE 122, 126  
 pioglitazone, osteoporosis risk 214, 250  
 piroxicam, side effects 57  
 plantar fascia stretching 36  
 plantar fasciitis 33–5  
   management 35–7  
 plasmapheresis, use in vasculitides 157  
 pleural disease, SLE 123  
 Pogosta Disease 208  
 polyarteritis nodosa 155  
 polyarthritis 3  
   in elderly people 103  
   gout 106  
   osteoarthritis 103–4  
   rheumatoid arthritis 104–6  
 polymerase chain reaction (PCR) screening, in diagnosis of infection 203  
 polymyalgia rheumatica (PMR) 105, 155, 159–60, 163–4  
   DHEA levels 162–3  
   epidemiology 162  
   investigation 161, 163  
   treatment 161–2, 163  
 polymyositis (PM) 260, 261  
   antinuclear antibodies 111, 112, 113  
   pathogenesis 264  
 polyphenols 100  
   value in osteoarthritis 52  
 Pompe disease 256  
 positron emission tomography (PET)  
   in diagnosis of giant cell arteritis 161  
   in diagnosis of infections 204  
 posterior compartment syndrome 24  
 prayer sign 212  
 prazosin, value in Raynaud's phenomenon 137  
 prednisolone  
   in GCA and PMR 161  
   in inflammatory myopathies 262  
   intra-articular injection 51  
   risk of fracture 238  
   see also corticosteroid therapy  
 pregabalin, use in fibromyalgia syndrome 30  
 pregnancy  
   effect on rheumatoid arthritis risk 74  
   effect on rheumatoid diseases 93, 94  
   parvovirus B19 infection 208  
   use of azathioprine 127  
   use of hydroxychloroquine 126  
   preventive screening, SLE 124, 125–6  
   primary biliary cirrhosis, antinuclear antibodies 111  
   primary Raynaud's phenomenon 135  
 PRIMO (Prediction of Muscle Risk in Observational conditions) survey 267  
 probenecid 193  
 procainamide, association with DIL 118  
 procalcitonin (PCT) 10  
   as marker for infection 203  
 prolactin 93  
 prolapsed intervertebral discs 171, 172  
   discectomy 176  
 prostacyclin  
   effect of NSAIDs 61–2  
   value in Raynaud's phenomenon 137  
   value in scleroderma 143  
 prostaglandin generation, COX-1 and COX-2 55  
 prostate cancer, androgen deprivation therapy 235  
 prosthesis survival, joint replacement 66, 67–8  
 protein restriction, chronic kidney disease 187–8  
 proteinuria  
   in rheumatoid arthritis 78–9  
   in scleroderma 142  
 proton pump inhibitors, use with NSAIDs 56, 57, 59  
 pseudoclaudication 171  
 pseudogout 8, 9, 195–6  
   associated conditions 196–7  
   diagnosis 196  
   hereditary 197  
   role of *ANKH* mutations 198  
   toll-like receptors 198  
   treatment 197–8  
*Pseudomonas aeruginosa* joint infections 201  
 psoriasis 3, 179  
   cardiovascular disease risk 182  
   in retrovirus infection 208  
 psoriatic arthritis 4, 179–80, 182–3  
   comparison with rheumatoid arthritis 180  
   diagnosis 180, 181  
   management 181–2  
   X-ray changes 78  
 PSORS loci 179  
 psychological disorders  
   in Behçet's syndrome 166  
   in fibromyalgia syndrome 28  
   in Sjögren's syndrome 132  
 psychological interventions, value in low back pain 177  
 psychosis, in SLE 127  
*PTNP22* gene 72  
 pulmonary artery hypertension (PAH)  
   bosentan therapy 144  
   scleroderma 142, 143

- pulmonary embolism, risk after joint replacement surgery 67
- pulmonary fibrosis, scleroderma 141–2, 143
- pulmonary manifestations
- dermatomyositis 261
  - Sjögren's syndrome 131
- pulseless disease (Takayasu's arteritis) 155
- purine metabolism 184–5
- purine nucleoside phosphorylase deficiency 186
- purine-rich foods 187
- purpura 154, 158
- pyrazolidine derivatives 61
- quality of life, in psoriatic arthritis 182
- quality of life evaluation 90–1
- quercetin 100
- radial neuritis 23
- radiography
- in gout 190
  - in low back pain 176
  - in osteomyelitis 203
  - in Paget's disease 242
  - in pseudogout 196
  - in rheumatoid arthritis 78
  - vascular calcification 249
- radionuclide scanning, in osteomyelitis 203
- raloxifene 227–8, 231
- in combination treatment 230
  - fracture prevention 224
- RANK-RANKL pathway 218, 238, 240, 243
- rapamycin, use in inflammatory myopathies 264
- RAPTOR* gene 179
- rashes
- butterfly 122
  - in dermatomyositis 261
- rat-bite fever 201
- Raynaud's phenomenon 134–5
- autoantibodies 111, 113
  - benefits of statins 144
  - pathogenesis 136
  - in scleroderma 141
  - treatment 136–8
- reactive arthritis 4, 7
- recurrent haemorrhagic shoulder of the elderly 14
- red meat intake, relationship to RA risk 98
- referred pain 3
- around shoulder 11, 12
- remitting seronegative symmetric synovitis with pitting oedema (RS3PE) 105
- renal disease
- in scleroderma 142, 143
  - Sjögren's syndrome 131
  - in SLE 122, 124, 127, 150
- renal osteodystrophy (ROD) 246–7, 251
- adynamic bone disease 248
  - diagnosis and management 248
  - in early stage disease 250
  - high turnover bone disease (osteitis fibrosa cystica) 247
  - mixed 247
  - osteomalacia 247
- renal side effects, NSAIDs 57
- rofecoxib 63
- resolvins 98
- retinal vasculitis, Behçet's syndrome 166
- retroviruses 208
- reverse Phalen's sign 23
- rhabdomyolysis, statin therapy 266, 267
- rheumatoid arthritis 71–2
- anti-CCP antibodies 79–80
  - antinuclear antibodies 111, 113
  - comparison with psoriatic arthritis 180
  - diagnosis 4–5, 77
    - investigations 78–9  - diet, susceptibility factors 97–8
  - dietary supplements 99–100
  - disease-modifying antirheumatic drugs 83–4, 86
  - effect on fetus 94–5
  - effect of pregnancy 93
  - effect on pregnancy 96
  - effect of smoking 5, 85–6
  - in elderly people 104–6, 150
  - environmental factors 73–5
  - fertility 93–4
  - genetic factors 72, 75
  - omega-3 oil supplementation 82–3
  - parvovirus B19 seropositivity 208–9
  - patient education 84
  - primary care and specialist liaison 79
  - prognostic markers 80
  - safety monitoring of medications 79
  - treatment algorithm 85
  - treatment response 84–5
  - treatment response evaluation 87–8, 90–2
- rheumatoid factor (RF) 4, 72, 73, 77, 78, 156
- in hepatitis C 207
  - in parvovirus B19 infection 207
  - in psoriatic arthritis 182
  - in rubella 207
- ribavarin therapy, hepatitis C 207
- rimonabant 45
- risedronate 223
- fracture prevention 224
  - long-term use 224
  - use during corticosteroid therapy 238

- use in male osteoporosis 234
- use in osteoarthritis 104
- use in Paget's disease 243
- rituximab 149
  - use in inflammatory myopathies 264
  - use in SLE 128
  - use in vasculitides 157
- RNA-induced silencing complex (RISC) 209
- rofecoxib
  - cardiovascular risk 61, 62, 63
  - renal toxicity 63
- rosiglitazone, osteoporosis risk 214, 250
- Ross River Virus 208
- rosuvastatin 269
  - dosage in Asian patients 267
- rotator cuff disease 11, 13–14, 212
  - clinical assessment 11–13
  - imaging 16
- rubella 206, 207
- RUTH (Raloxifene Use for The Heart) study 228
  
- sacroiliitis 4
- salicylates 61
  - see also* aspirin, low dose
- Sandimmune (cyclosporin) 149
- SAPHO (Synovitis, Acne, Pustulosis, Hyperostosis and Osteitis) syndrome 180
- sarcoidosis 132
- Schirmer's test 130
- sciatica, value of epidural steroid injection 176–7
- scleroderma 140–2, 146
  - antinuclear antibodies 111, 112
  - pathophysiology 142–3
  - prognosis 142
  - similarity to graft-versus-host disease 144
  - treatment 143–4
- sclerosant injections, low back pain 176
- sclerostin 240
- secondary Raynaud's phenomenon 135
- selective oestrogen receptor modulators (SERMS) 227
  - third generation 230
  - see also* raloxifene
- selective serotonin reuptake inhibitors
  - use in fibromyalgia syndrome 30
  - use in Raynaud's phenomenon 137
- SELENA (Safety of Estrogens in Lupus Erythematosus National Assessment) trials 119
- septic arthritis 200–1, 204
  - culture-negative 203
  - of hip, diagnosis 9
  - investigation 4, 7
  - investigation and management 201, 202
  - mortality, relationship to age 204
  - plasma procalcitonin 10
  - in retrovirus infection 208
  - treatment 9
- sequential treatments, osteoporosis 230
- sequestosome 1 (SQSTM1) gene mutations 243
- Sevelamer 250
- sex hormone binding globulin (SHBG), relationship to bone loss 235
- shoulder pain 11, 212
  - causes and characteristics 12
  - clinical assessment 11–13
  - frozen shoulder 14–16, 17
  - imaging 16
  - rotator cuff disease 13–14
- sialometry 130–1
- sibutramine 45
- sicca syndrome 130
- side effects
  - of allopurinol 192
  - of androgen therapy 235
  - of azathioprine 148
  - of bisphosphonates 224
  - of colchicine 190
  - of corticosteroids 106, 127, 148
  - of cyclophosphamide 148
  - of cyclosporin 149
  - of hydroxychloroquine 149
  - of leflunomide 148
  - of methotrexate 148
  - of mycophenolate mofetil 148
  - of NSAIDs 57
    - cardiac 61–4
    - gastrointestinal 55, 56–9
  - of raloxifene 228
  - of statins 211–12, 266–70
  - of strontium ranelate 228
  - of sulphasalazine 149
  - of teriparatide 229
- signal recognition particle (SRP) antibodies 262
- sildenafil, value in Raynaud's phenomenon 137–8
- simvastatin, combination with ezetimibe 269
- Sindbis Virus 208
- sirolimus (Rapamune) 148
- Sjögren's syndrome 129–30
  - anti-centromere antibodies 132
  - antiviral antibodies 206
  - association with hepatitis C 207
  - autoantibodies 111, 113
  - dry eyes 130
  - dry mouth 130–1
  - extraglandular manifestations 131–2
  - fertility 96

- Sjögren's syndrome – *contd*  
 infections as trigger 132  
 international consensus criteria for diagnosis 130  
 investigation and management algorithm 133  
 skin lesions, Sjögren's syndrome 131  
 'slapped cheek' disease (erythema infectiosum) 206  
 SLC9A3R1 gene 179  
 SLC11A1 gene 167  
 SLC22A4 gene 72  
 SLC22A12 (URAT1) 185  
 sleep abnormalities, in fibromyalgia syndrome 28, 29  
 small vessel vasculitis 154–5  
 smoking 112–13  
 effect on ankylosing spondylitis 91  
 effect on osteoarthritis 42  
 effect on Raynaud's phenomenon 136  
 effect on rheumatoid arthritis 5, 74, 75, 85–6  
 effect on SLE 126  
 SOTI (Spinal Osteoporosis Therapeutic Intervention) trial 228  
 SPARC 140  
 speckled staining, ANA 110, 117  
 spinal canal stenosis 171  
 surgery 176  
 spinal cord stimulation, Raynaud's phenomenon 137  
 spinal fracture 172  
 spinal function assessment 88–90  
 spinal fusion surgery 176  
 spinal infections 172, 203, 204  
 spondyloarthropathies, effect of pregnancy 94  
 spondylodiscitis 180  
 spondylolisthesis 171  
 statins  
 benefits in scleroderma 144–5  
 cholesterol-lowering activity 266  
 muscle symptoms 212, 266–7, 269–70  
 diagnosis and management 267–9  
 pathogenesis 269  
 rhabdomyolysis 267  
 steroid myopathy 257, 258, 259  
 steroids *see* corticosteroid therapy  
*Streptococcus moniliformis* 201  
 stress reduction, fibromyalgia syndrome 31  
 stroke risk, raloxifene 228  
 strontium ranelate 228–9, 230, 231  
 fracture prevention 224  
 subacute cutaneous lupus 118  
 sulphasalazine 149  
 effect on fertility 94  
 safety monitoring 79  
 use during pregnancy 95  
 use in psoriatic arthritis 181  
 sulphate intake, relationship to osteoarthritis risk 49  
 sulphapyrazone 191, 193  
 superficial osteomyelitis 201  
 superoxide dismutase gene, Val16 allele 167  
 suprascapular neuritis 22  
 swollen joint count (SJC) 88  
 synovial fluid characteristics 8–9  
 systemic lupus erythematosus (SLE) 3, 4, 78, 121, 128  
 ACR classification criteria 117  
 aetiology 117–18, 119–20  
 antiviral antibodies 206  
 autoantibodies 110, 111, 113  
 cardiovascular disease risk 125–6  
 central nervous system involvement 127  
 clinical features 122–3  
 diagnosis 116–17  
 drug-induced 118  
 effect on fetus 94–5  
 effect of pregnancy 93  
 effect on pregnancy 94, 96  
 fertility 94  
 monitoring 123–5  
 nephritis 127  
 preventive screening 124, 125–6  
 risk from smoking 74  
 SELENA trials 119  
 treatment 126–7  
 systemic sclerosis 140  
 autoantibodies 111, 112, 113  
 effect of pregnancy 94  
 T score, definition of osteoporosis 217–18  
 tacrolimus 149  
 use in psoriatic arthritis 181  
 Takayasu's arteritis (pulseless disease) 155  
 tamoxifen 228  
 taping  
 value in osteoarthritis 47  
 value in plantar fasciitis 35  
 Tarui disease 257  
 temporal artery biopsy 155, 161, 162, 164  
 tender joint count (TJC) 88  
 tendinopathy, neural aetiology 16  
 tennis elbow 18–19  
 RCT of treatments 20  
 teriparatide 224, 226, 229, 231  
 in combination treatment 230  
 cost-benefit analysis 230  
 use during corticosteroid therapy 239  
 use in male osteoporosis 234  
 testosterone, use in male osteoporosis 234–5

- tetracycline labelling, bone biopsy 248  
 tetracyclines, value in osteoarthritis 51, 53, 104  
 Th1 and Th2 cell patterns 93  
 thalidomide, use in Behçet's syndrome 166  
 therapeutic monitoring, immunosuppressives 149–50, 151  
 thermal biofeedback (TBF) 136–7  
 thiazolidinediones, osteoporosis risk 214, 250  
 thiopurine methyltransferase levels 150  
 Thomsen's disease 255  
 thoracic outlet syndromes 22  
 three-joint complex, spine 171  
 thrombosis, risk during pregnancy 94  
 thromboxane A<sub>2</sub>, effect of NSAIDs 61–2  
 thyroiditis, in Sjögren's syndrome 132  
 tiludronate  
   structure and function 222–3  
   use in Paget's disease 243  
 Tinel's sign 23  
 tissue-engineering, osteoarthritis 52  
 Titalac 250  
 tizanidine, use in fibromyalgia syndrome 30  
*TNFR2* gene 72  
*TNFRSF11B* mutations 243  
 toll-like receptors (TLRs) 198  
 tongue, claudication 155  
 tophi 189  
   dissolution 193  
 topical NSAIDs, value in osteoarthritis 51  
 topoisomerase 1 140  
 tragus to wall measurement 89, 90  
 tramadol 30  
   use in osteoarthritis 51  
 transforming growth factor- $\beta$  (TGF- $\beta$ ), role in scleroderma 143  
 transplant patients, cyclosporin therapy 149  
 treatment response evaluation, AS and RA 87–92  
 triamcinolone  
   epidural injection 177  
   intra-articular injection 51  
 tricyclic antidepressants, use in fibromyalgia syndrome 30  
 trigger point injections  
   fibromyalgia syndrome 31  
   low back pain 176  
 trigger points, fibromyalgia syndrome 28, 29  
 triphasic colour changes, Raynaud's 135  
 TROPOS (Treatment of Peripheral Osteoporosis Study) 228  
 tumour necrosis factor (TNF)- $\alpha$ -1031C allele 166  
 tumour necrosis factor (TNF)- $\alpha$  antagonists 51, 80, 83, 85, 149, 150  
   safety monitoring 79  
 tumour necrosis factor (TNF)- $\alpha$  polymorphisms, association with RA 72  
 turmeric, effect on inflammation 100  
 twin studies  
   osteoarthritis 41  
   rheumatoid arthritis 72  
 U3-RNP antibodies, scleroderma 142  
 ulcer healing, role of COX isoenzymes 57  
 ulcers  
   in Behçet's syndrome 166  
   in scleroderma 141  
 ulnar neuritis 22–3  
 ultrasound  
   in carpal tunnel syndrome 24–5  
   in giant cell arteritis 161  
 unicompartamental knee arthroplasty 68  
 URAT1 (SLC22A12) 185  
 urate levels, in diagnosis of gout 7  
 uric acid metabolism 184–5  
   *see also* gout; hyperuricaemia  
 uricase 184  
 uricase preparations, use in gout prophylaxis 192  
 uricosuric agents 190, 191, 193  
 urinary C-terminal peptide of collagen type II 43  
 urine alkalinization 184, 187  
 uveitis, Behçet's syndrome 166  
 vascular calcification, in renal disease 249–50, 251  
 vascular dysfunction  
   in hyperparathyroidism 250  
   in scleroderma 143  
 vascular endothelial growth factor (VEGF)  
   polymorphisms, psoriasis 182  
 vascular theory, rotator cuff disease 14  
 vasculitides 153–4  
   ANCA 157–8  
   antibody therapies 158  
   classification 154  
   diagnosis 155–7  
   effect of pregnancy 94  
   large vessel 155  
   medium vessel 155  
   small vessel 154  
   treatment 157, 158  
   *see also* Behçet's syndrome; giant cell arteritis (GCA)  
 VDR gene 41  
 vegetarian/vegan diets 99  
 vertebral fracture prevention 224

- vertebral fracture prevention – *contd*
  - raloxifene 227
  - strontium ranelate 228
  - teriparatide 229
- VIGOR (Vioxx Gastrointestinal Outcomes Research) 57, 61
- viral arthritis 205–6
  - alphaviruses 208
  - causes 206
  - diagnosis and treatment 209–10
  - hepatitis C 207–8, 209
  - parvovirus B19 206–7, 208–9
  - retroviruses 208
  - rubella 207
- viscosupplementation 47, 49
- visual symptoms, GCA 161
- vitamin C intake, relationship to RA risk 97, 98
- vitamin C status, relationship to risk of osteoarthritis 46
- vitamin D 219
  - calcitriol (1, 25-dihydroxy-vitamin D<sub>3</sub>) 247
- vitamin D deficiency 221
- vitamin D receptor gene 41
- vitamin D status
  - in male osteoporosis 235
  - relationship to rheumatoid arthritis risk 74
  - relationship to risk of type 2 diabetes 250–1
- vitamin D treatment 218, 231
  - in chronic kidney disease 250
  - in corticosteroid therapy 238
  - men 234
- Vytorin 269
- walking sticks, use in osteoarthritis 47
- warfarin, interaction with allopurinol 192
- Wegener's granulomatosis 154–5
  - ANCA 157
- weight reduction
  - value before joint replacement surgery 65–6
  - value in fibromyalgia syndrome 31
  - women, rheumatoid arthritis risk 74
- wrist splints, carpal tunnel syndrome 24
- X-rays *see* radiography
- xanthine oxidase (XO) 184
- xanthine oxidase inhibitors 188
  - see also* allopurinol
- xerostomia
  - differential diagnosis 131
  - Sjögren's syndrome 130–1
- zoledronate
  - dosage 224
  - structure and function 223
  - use in Paget's disease 243, 245