

[MUSIC PLAYING]

TERENCE W. What a pleasure. So here it is, this is the seventh lecture of the morning.

STARZ:

[LAUGHTER]

You know, I really am pleased, honored to be asked. You know these, I think these activities are so important for all of us. We need to take time to think about what we do. And that's what my goal is this morning is to help you understand rheumatology 2018, where are we now. Because as you all know well, in your practices you see huge number of people with arthritis. And sometimes we need to step back, take a look at what in general the problem is, and then to take a look at what information is important.

And that's what the goal of my talk-- because if you'll think about when was the last lecture you had on inflammation, well, if you're like me, the last lecture I had was in medical school. It was a long time ago. And as I'll show you in the course of our discussion that inflammation is the key because it is at the root of most of the diseases we take care of. And I'll show you how with rheumatic disease this is certainly the case because we have all of these manifestations that we take care of.

We see people with pain and fatigue and brain fog and the rest. How do we understand it? And I hope that I will be able to show you how to best do it because remember, inflammation is not only important in rheumatic diseases, but it is essential in many of the diseases we take care of. And not only is it essential, but there is a interplay among these diseases.

Rheumatoid arthritis, as I'll show you, has the same risk as diabetes-- Mary-- as diabetes with cardiovascular disease. And that's because when you have inflammation going on in the body, it's not a good thing. And I'll show you how to understand that whole process.

So here's our goal. We're going to talk to you a little bit about inflammation without torturing you. We're going to talk about this mechanism. It's pretty clear, as I'll show you, what starts it, but I'll tell you what's not clear is what stops it. And I'll give you a little bit of information about that, and we'll talk about how we understand the manifestations when you see people coming in with various symptomatology.

And a basic concept that you have to remember-- there are situations, like gout, in which the inflammation is localized to one joint or several joints. There are other situations-- rheumatoid arthritis, psoriatic arthritis, the spondyloarthropathies, lupus, all of those-- in which there is systemic disease and there's also involvement of the joints. We tend to, by the nature of the conditions-- arthritis, arth, joints-- but you have to think about them within that context because when we look at our treatment, how we target treatment, we have to target in systemic diseases the systemic process as well as the local process.

I'm going to take four diseases, I'll talk to you about RA, OA, gout, and I want to show you about regional problems. People with tendinitis have an inflammatory process, albeit localized. So your treatment and diagnosis has to understand that in order to effectively target inflammation.

So inflammation is the system we have in our body that fights off foreign invaders, it helps us respond to injury, and it maintains homeostasis in our body. That's it. This is the system we have. And it is involved, certainly within the whole immune system, of taking these bacteria and other organisms and other situations, offenders out in the environment, and how to deal with it.

And remember, there are external and internal. And I'm going to show you about these internal. And so what we're trying to do is when we're exposed to organisms or a foreign body, we have to get rid of them. And this is what the process does. And in some ways, as you'll see, it's pretty nonspecific. Once you pull the trigger, that's it.

And you'll see in acute inflammation it's a certain set of responses. The key, and what we'll be focusing on, is how does that evolve into a chronic process, much like, and if you'll use this analogy, it's like pain. Pain's the warning signal that tells us that there's something wrong in our body.

Inflammation, like pain, has an acute and chronic. They are certainly separated in our minds by duration, but that's very-- it's important for a definition, but the mechanisms are very, very different. And I'll show you how to understand that both in terms of how to look at the manifestations and how to treat it because there are vascular and cellular responses, and we're going to be looking at this.

So the immune system. Now the immune system, again, is not something that we consider like this, but remember the--

[AUDIO OUT]