



Paris
Community
Hospital
Family
Medical
Center

February 2017

What is a rheumatologist?

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Rheumatologists treat diseases of the joints, muscles & more

It only makes sense that someone with rheumatoid arthritis would seek the help of a rheumatologist—a physician who is specially trained to diagnose and treat the disease.

But rheumatologists treat more than just rheumatoid arthritis. They treat a variety of rheumatic diseases, also known as autoimmune diseases, which occur when the body's immune system attacks healthy cells. There are more than 100 rheumatic diseases, which can affect the joints, muscles, and bones, causing pain, swelling, stiffness, and deformity.

Autoimmune conditions occur when the immune system sends inflammation to areas of the body when it is not needed, causing damage and symptoms. These diseases can also affect the eyes, skin, nervous system, and internal organs.

Individuals may wonder when they should see a rheu-

matologist. According to the American College of Rheumatology, an individual's primary care provider typically is the first to evaluate symptoms of muscle and joint pain. If a rheumatic condition is suspected, the individual may be referred to a rheumatologist.

The American College of Rheumatology notes that joint damage can occur if the symptoms of joint pain are ignored or not treated properly over a period of time. This damage cannot always be reversed with treatment and may be permanent.

Once a rheumatic disease is identified, the rheumatologist will develop a personalized treatment plan for the patient. This may include medications, referral to physical therapy or other specialists, or joint/tendon injections.

Common diseases treated by rheumatologists – which affect the body's connective tissues – include osteoarthritis, rheumatoid arthritis, gout, fibromyalgia, chronic back pain, tendinitis, lupus, carpal tunnel syndrome, and muscle/tendon strains.

Here are details regarding some of those conditions:

Rheumatoid arthritis

This is the most common type of autoimmune arthritis. It affects the wrist and small joints of the hand, including the knuckles, and the middle joints of the fingers.

Osteoarthritis

This is commonly referred to as “wear and tear” of the joints. It is a disease of the entire joint, involving the cartilage, joint lining, ligaments, and bone.

Fibromyalgia

This common health problem causes widespread pain and tenderness all over the body, and is sensitive to touch.

Lupus

This chronic disease causes pain and swelling. It can affect the skin, joints, and other organs, such as the kidneys, tissue lining the lungs, heart, and brain.

Dr. Manoj Kohli is a visiting rheumatologist at PCH/FMC. To schedule an appointment, call 217-465-2606 Ext. 579 or 690.

Manoj Kohli, MD



Dr. Kohli is a board certified rheumatologist who began seeing patients as a visiting physician at PCH/FMC January 17.

Dr. Kohli is a provider with Premier Specialty Network, a physician-owned, physician-led network of medical specialists providing outreach services to rural communities.

As a rheumatologist, Dr. Kohli specializes in the clinical problems, usually chronic, associated with joints, soft tissues, autoimmune diseases, and connective tissue disorders.

Dr. Kohli attended All India Institute of Medical Sciences in New Delhi, India. He completed medical residency at State University of New York Health Science Center at Brooklyn. He completed a fellowship in rheumatology at Oregon Health Sciences University in Portland, Oregon.

Dr. Kohli has a special interest in treating patients with rheumatoid arthritis. He sees patients in the PCH/FMC Infusion Clinic the first, third, and fourth Tuesday of each month.



Strengthen your immune system

In some instances, people are born with a weak immune system, which is called primary immunodeficiency. This can leave them more susceptible to germs that can cause infections.

In other cases, external factors can contribute to a weakened immune system. These can include viruses, a poor diet, stress, insufficient sleep, alcohol, and aging.

The immune system is the body's network of cells and organs that is specially developed for fighting off infections. White blood cells are cells of the immune system that help protect the body against infectious disease and foreign invaders.

Researchers are still exploring the effects that external factors have on the immune system. In the meantime, the Harvard Medical School says healthy-living strategies are the best

way to ensure a strong and healthy immune system. These include not smoking; eating a diet high in fruits, vegetables, and whole grains, and low in saturated fat; exercising regularly; maintaining a healthy weight; controlling blood pressure; and getting adequate sleep. If you drink alcohol, do so in moderation.

Authority Nutrition, which utilizes scientific evidence and expert insight from dietitians and nutritional experts, agrees diet is important for maintaining a strong immune system. It says the following foods can help "boost" your immune system, which can reduce the frequency of sickness and speed up recovery from illness:

Probiotic-rich ("good" bacteria) foods

Yogurt, naturally fermented pickles, buttermilk, and some cheeses (cheddar, mozzarella and gouda).

Citrus fruit

Oranges, grapefruits, and tangerines.

Nuts and seeds

Sesame seeds, almonds, pumpkin seeds, cashews, and Brazil nuts.

Ginger

Thought to help lower the risk

of infections and has anti-nausea effects.

Garlic

Contains active compounds that may help reduce the risk of infection, and is effective at reducing the symptoms and duration of the common cold and flu.

Berries

Contain beneficial plant compounds that may help reduce the risk of viral or bacterial infections.

Coconut oil

The type of fat in coconuts may help protect against various viral, bacterial, and fungal infections.

Licorice

This spice may help the body fight various viruses, bacteria, and fungi.

Sweet potatoes

These and other vitamin-A-rich foods may help boost the immune system and lower the likelihood of infection.

Some of the above mentioned nutrients also are available in supplement form. These may help boost immune function in individuals who are unable to meet their daily nutrient requirements through diet alone.



Paris Community Hospital Family Medical Center

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PCH/FMC's Community Healthcare Programs February & March

Wear Red Luncheon

February 3

PCH/FMC's fourth annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. Chef Wade Fulford, manager of Gordon Food Services in Terre Haute, will provide a cooking demonstration of healthy side dishes. Cost is \$20 per person. Tickets can be purchased at the Paris Area Chamber of Commerce & Tourism and at the Paris Community Hospital registration desk. Call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Dine With a Doc

February 8

Dr. Edward Rico, endocrinologist at PCH/FMC, will be the featured speaker at this free monthly program, which takes place at 11 am at the Sutton Senior Center. As an endocrinologist, Dr. Rico manages care for patients with diabetes, thyroid issues, and other hormonal issues.

Monthly Health Screenings

February 9; March 15

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for

eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Medical Weight Loss Seminar

February 21; March 15

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Volunteers' Chocolate Sale

March 22-23

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.

Doctors' Day

March 30

Join PCH/FMC as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.

EZ Care Moves to New Location

EZ Care is now seeing patients at its new off-site location at 2200 South Main Street, across from the industrial park in Paris. Clinic hours are Monday through Friday from 9 am to 7 pm, and Saturday and Sunday from 10 am to 6 pm.