
Rheumatology

Rheumatology is a branch of medicine dedicated to the diagnosis and treatment of autoimmune or inflammatory diseases. The most well-known rheumatic disease is osteoarthritis, but there are over 100 types of arthritis and that is only one of the many conditions that rheumatologists treat. Most rheumatic diseases are chronic diseases, meaning that they are life-long. While not curable, they are treatable, which is where the rheumatologist comes in. Rheumatologists can prescribe medications that will treat the patient's condition, with the goal of easing both the symptoms and the pain.

Currently we do not have specific rheumatology clinic expertise in treating the following:

- Chronic pain or chronic fatigue.
- Peripheral neuropathy.
- Generalized back or neck pain (unless it is inflammatory in nature).
- Fibromyalgia.

Before the Appointment:

- Make a list of symptoms you have been experiencing.
- Create a timeline of the problem.
- Make a list of all the current medications and nutritional supplements you are taking.
- Make a list of questions you have for your doctor.
- Bring all necessary records with you or have them sent prior to the appointment. This includes X-rays, MRI or CT scan results, blood tests and more.
- Bring your insurance and identification information with you.

During the Appointment:

- Consider bringing a friend or family member with you.
- Take notes.
- Ask questions and clarify the answers.
- If you don't understand something the doctor has told you, be sure to let them know.
- Repeat the doctor's instructions so you can be sure you understood correctly.
- Determine what the next steps are.
- Note the best way to contact the doctor.

Things to Remember:

- Make sure to get any requested tests or scans done before your next appointment. Without these, your doctor won't be able to move forward with your treatment plan.

Nurselink: 210-358-3000

A 24-hour nurse telephone service for University Health patients



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- Everyone is different. Don't be discouraged if your doctor tells you that finding the right treatment plan may take some time.
 - Clinics get very busy and unfortunately, rheumatology patients sometimes have to wait several months for an appointment. If you need to reschedule your appointment, call as soon as possible so another patient can utilize your appointment time.