

## What diseases does a RHEUMATOLOGIST treat?

Rheumatologists treat arthritis, certain autoimmune diseases, musculoskeletal pain disorders and osteoporosis. There are more than 100 types of these diseases...

Ankylosing Spondylitis (AS), Antiphospholipid Syndrome, Avascular Necrosis (Osteonecrosis)  
Back Pain  
Behçet's Disease, Bursitis  
Calcium Pyrophosphate Dihydrate Crystal Deposition Disease (CPPD/Pseudo Gout)  
Carpal Tunnel Syndrome (CTS)  
Dermatomyositis, Ehlers-Danlos Syndrome (EDS)  
Familial Mediterranean Fever (Juvenile)  
Fibromyalgia (FMS), Fifth Disease  
Giant Cell Arteritis (GCA)  
Glucocorticoid-induced Osteoporosis, Gout  
HCV-Associated Arthritis  
HIV-Associated Rheumatic Disease Syndromes  
Hypermobility, Juvenile Arthritis  
Localized Scleroderma, Lyme Disease  
Metabolic Myopathies, Marfan Syndrome  
Myositis, Myopathies  
Osteoarthritis, Osteonecrosis (of the Jaw (ONJ))  
Osteoporosis, Paget's Disease  
Periodic Fever, Aphthous Stomatitis,  
Polymyalgia Rheumatica  
Pseudogout  
Psoriatic Arthritis, Raynaud's Phenomenon  
Reactive Arthritis  
Reflex Sympathetic Dystrophy Syndrome (RSDS)  
Rheumatoid Arthritis  
Scleroderma, Sjögren's Syndrome, Spinal Stenosis  
Spondyloarthritis, Spondyloarthropathy,  
Still's Disease,  
Systemic Lupus Erythematosus (Lupus)  
Takayasu's Arteritis, Tendonitis / Bursitis  
Tumor Necrosis Factor Receptor Associated  
Periodic Syndrome, Vasculitis  
Wegener's (Granulomatosis with Polyangiitis)

## About Northern California Rheumatology Society (NCRS)

*The mission of the NCRS is to provide for the advancement of the care of patients with rheumatic and related diseases, through the professional development of its members, via educational programs on recent scientific advances in the field and practice of rheumatology and related medical specialties.*

*We conduct educational programs and workshops on recent scientific updates to the physician members.*

*Furthermore, we also provide free educational seminars to the general public.*

*Last but not least, we fundraise and setup a Co-pay Assistance Fund to support and provide temporary financial relieve for those who are diagnosed with a rheumatic-related diseases, and are under-insured in the Northern California community.*

*Please visit  
[www.NorCalRheumatology.org](http://www.NorCalRheumatology.org)  
for details.*



**Presents**

## **A Rheumatology Patient & Family Education Symposium**

*~ Designed to help empower  
a healthier YOU!*

**Saturday, May 7, 2016  
8:00 AM - 3:00 PM**

**DoubleTree by Hilton Hotel  
Newark-Fremont**  
(near 880 & Stevenson Blvd)  
39900 Balentine Dr,  
Newark, CA 94560



## What is a RHEUMATOLOGIST?

A rheumatologist is a medical specialist in musculoskeletal disorders who diagnoses and treats arthritis and other diseases of the joints, muscles and bones. Most often, a patient is referred to a rheumatologist by the Primary Care after presenting symptoms of swelling and pain in joints, muscles and bones.

## What Training do Rheumatologists Have?

4 years of medical school + 3 years of internal medicine training + additional 2 or 3 years of specialized rheumatology fellowship program

## When Should You See a Rheumatologist?

Many types of rheumatic diseases are not easily identified in the early stages. Rheumatologists are specially trained to do the detective work necessary to discover the cause of swelling and pain. It's important to determine a correct diagnosis early so that appropriate treatment can prevent long term disability.

Because some rheumatic diseases are complex, one visit to a rheumatologist may not be enough to determine a diagnosis and course of treatment. These diseases often change or evolve over time. Rheumatologists work closely with patients and their Primary Care to identify the problem and design an individualized treatment program.

## Symposium Agenda 5/7/2016

**7:30 a.m. Registration / Breakfast**

**8:15 a.m. Welcome & Opening Remarks**

(\*There will be 2 Talks going on the same time, please plan accordingly)

**8:30-9:15 Basic Immunology**

~Jennifer Lee PhD.

**8:30-9:15 Osteoarthritis**

~Sabiha Rasheed MD

**9:20-10:05 Scleroderma & Raynald's**

~Robert Su MD

**9:20-10:05 Lupus** ~Christine Elias MD

### Morning Break & Exhibit

**10:30-11:15 Gout** ~Sabiha Rasheed M.D.

**10:30-11:15 Rheumatoid Arthritis**

~Neelakshi Patel MD

**11:20 – 12:05 Osteoporosis**

~Vidya Parameswaran MD

**11:20 – 12:05 Spondyloarthritis**

~ TBD

### Lunch & Exhibit

**1 p.m- 2:30 Integrative Holistic Health in Rheumatology & Pain**

**Management -- life style changes, nutrition, physical activities, joint protection etc.** ~Barry Shibuya MD & Preetha Nair PT

**2:30 – 3pm Health Insurance Q & A**

\*Topics and Speakers may change, please visit NCRS website for updated information

## Registration Information

Please register by 4/26/16, as we need a head count for breakfast buffet and the box lunch!

1. Online

[www.norcalrheumatology.org/2014.html](http://www.norcalrheumatology.org/2014.html)

2. Mail this form to us: Tear off this page only

3. Fax this form to 888-599-8812

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

## Contact Us:

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The event is provided at no cost, with a suggested donation of \$5 per person to our non-profit organizations.

We would like to thank our sponsors for financially supporting this event and our organization. Names of sponsors are on the registration webpage.