Rheumatoid arthritis RA is an autoimmune disease characterized by the inflammation of the synovial joints in the body. There is no strategy to target non communicable diseases as the health care system of Pakistan specifically targets communicable diseases. The patients are therefore left on their own to seek medical help in this regard. This study gives a brief look at the patients of RA in health care facilities of Karachi, Pakistan. A cross sectional quantitative study was conducted in health care facilities of Karachi, Pakistan for 3 months i.e. from July to September 2014 which targeted patients suffering from Rheumatoid arthritis RA. A total of 40 patients were available for their data to be recorded. The majority of the patients (57.5%) belonged to the age group of 19 to 45 years and the rest (42.5%) were geriatrics above the age of 45 years, majority were the females (77.5%) and less than a quarter of the patients were the males (22.5%). The gender was associated with the family history (P value <0.05). RA is more common in the females with weight burden and 1 in every 2 persons with a positive family history of RA is more prone to contact the disease (Ref: Madiha Athar, Salma Ali Khokhar, Arfa Shakeel, Atta Abbas. A brief outlook of rheumatoid arthritis RA patients in health facilities of Karachi, Pakistan. Medical Science, 2014, 15(61), 34-38, Image: http://333oe3ibik6e1t8q4y139009mcg.wpengine.netdna-cdn.com).
LETTER

NEUROSCIENCE

Steroid therapy: a double edged sword
Thomas Gregor Issac, Chandra SR
Steroid medications are lifesaving and improve debilitated states as well as have proved efficacious in umpteen number of disease conditions. It can prove to be a treacherous when used chronically exerting its action in the Hypothalamo-pituitary axis as well as systemic side effects mainly on the skeletal and integumentary system. Here we would like to illustrate regarding a patient who came to neurology OPD with relatively common presentation with interestingly uncommon etiology.

Medical Science, 2014, 15(61), 32-33

COMMUNICATION

CLINICAL PHARMACY

A brief outlook of rheumatoid arthritis RA patients in health facilities of Karachi, Pakistan
Madiha Athar, Salma Ali Khokhar, Arfa Shakeel, Atta Abbas
Rheumatoid arthritis RA is an autoimmune disease characterized by the inflammation of the synovial joints in the body. There is no strategy to target non communicable diseases as the health care system of Pakistan specifically targets communicable diseases. The patients are therefore left on their own to seek medical help in this regard. This study gives a brief look at the patients of RA in health care facilities of Karachi, Pakistan. A cross sectional quantitative study was conducted in health care facilities of Karachi, Pakistan for 3 months i.e. from July to September 2014 which targeted patients suffering from Rheumatoid arthritis RA. A total of 40 patients were available for their data to be recorded. The majority of the patients (57.5%) belonged to the age group of 19 to 45 years and the rest (42.5%) were geriatrics above the age of 45 years, majority were the females (77.5%) and less than a quarter of the patients were the males (22.5%). The gender was associated with the family history (P value <0.05). RA is more common in the females with weight burden and 1 in every 2 persons with a positive family history of RA is more prone to contact the disease.

Medical Science, 2014, 15(61), 34-38