



PEOPLE JUST LIKE YOU

NAME: Shae **AGE:** 19

Reason for Best Doctors consultation:
Medication not improving condition
and causing severe side effects

BEST DOCTORS EXPERT:

Speciality: **rheumatology**

Three years ago Shae developed pain in her knees, preventing her from playing volleyball and gradually progressing to her lower back, hips, and ankles.

Although blood testing and an MRI of her knees and lower back came out normal, the back pain, stiffness and tendon inflammation led to a diagnosis of juvenile ankylosing spondylitis (JAS), an autoimmune disease that affects the spine and joints.

Despite powerful medication, Shae continued to suffer, not to mention the severe side effects she experienced, which required additional medication to diminish. It was at that point that she and her family decided to get in touch with Best Doctors.

After a complete review of Shae's current symptoms, extensive history, laboratory results and radiologic studies, the Best Doctors expert made a dramatic change in diagnosis. In his opinion, her symptoms and test results were not consistent with JAS, and she was actually suffering from amplified musculoskeletal pain.

The expert therefore urged Shae to discontinue her complex and potentially dangerous medication and instead provided her with a comprehensive physical and occupational therapy programme. Reassuring Shae that she had a very good prognosis and an excellent chance of returning to sport, the expert also went over practical lifestyle changes that she could follow for optimum relief and results.

Best Doctors then located a reputable rheumatologist in Shae's area with whom she could follow up and get started on her new treatment.

In avoiding the use of unnecessary medication, the Best Doctors expert recommendations resulted in a significant cost savings and Shae and her family are grateful to the expert and to the Best Doctors team for their support and service.

"It is wonderful that Shae doesn't have to take these powerful and dangerous medications going forward." -Shae's mother

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