

4th International Conference on

Orthopedics & Rheumatology

October 26-28, 2015 Baltimore, Maryland, USA

Musculoskeletal aspects of hypoadrenalism: Just a load of aches and pain?

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Hypoadrenalism remains an underdiagnosed disease process. Its musculoskeletal features are less well described in the literature when compared to diabetes or thyroid disorders. As a consequence considering hypoadrenalism in a patient with mainly musculoskeletal features may be difficult and delayed. The paper will include three cases from our own experience as well as all the relevant cases of hypoadrenalism in the English, French and Spanish language medical literature, going back to the time of Thomas Addison. There will be a summary of the relevant signs, symptoms and investigation findings which may help clinicians diagnose and treat this disease. Also the relationship of hypoadrenalism and chronic disease may be explored during the talk.

Biography

Navtej Sathi is currently working as a Consultant in Acute Medicine in Scotland. Previously he held posts as a Consultant in Acute Medicine and Rheumatology. His interests include pain, integrated medicine, rheumatology, methotrexate side effects and interstitial lung disease. He holds an MSc in Pain Management from Cardiff University. His research governance score (from Research Gate) is above 20, placing him in the top 30 percent in the world. His talk on musculoskeletal aspects of hypoadrenalism may provide some insight into how chronic disease can give rise to musculoskeletal symptoms and signs.

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