

Biomarkers that can help in setting a treat to target approach tailored for carpal tunnel syndrome patients

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Evaluation of patients presenting with carpal tunnel syndrome (CTS) symptoms has long relied on their clinical assessment as well as nerve conduction studies. However, whilst standard symptoms and positive provocative testing may enable identifying some of the cases, the subjectivity and sensitivity of these measures results in very poor reliability and diagnostic accuracy. Similarly, though studies revealed sensitivity and specificity data in favour of electrodiagnostic testing for the CTS diagnosis, abnormal nerve conduction testing results do not necessarily equate to the correct diagnosis. Nerve conduction studies can be normal in early cases. Furthermore, nerve studies were reported as not sensitive to change or management, hence, a poor predictor of treatment outcomes. In spite of some limitations, ultrasonography was found to be a good tool not only for the CTS diagnosis, but also for identifying the median affection severity. The search for markers identifying key targets for the assessment of major outcomes in musculoskeletal diseases has become one of the hot issues in rheumatology. Possible markers should be objectively measured, indicative of normal biology as well as the pathologic process, indicator of response to therapy and prognosis. It should also be a good indicator of modification of the pathological process and help to identify (in early cases) the patients who are going to respond quickly to therapy with the vision to tailor management to the patient status. This presentation will discuss the outcomes of a recent study investigating the feasibility of initial CTS assessment parameters for setting up a treatment plan tailored to the patient's needs and its ability to predict treatment outcomes.

Biography

Professor El Miedany, graduated from Ain Shams University, Cairo, Egypt with an honor degree in 1984. He underwent early postgraduate training at the University Hospitals. He furthered his training in rheumatology at the Centre for Rheumatic Diseases, Royal Infirmary, Glasgow University; where he carried out his MD thesis about pulmonary affection in patients with rheumatoid arthritis and whether it is genetically related. Dr. El Miedany got Diploma in internal medicine, Master degree and MD in Rheumatology. Dr. El Miedany has been appointed Professor of Rheumatology and Rehabilitation, Ain Shams University, Egypt, since 2005. Currently he is honorary senior clinical lecturer, King's college, London; and also Consultant Rheumatologist, NHS England. Prof. El Miedany is a fellow of the Royal College of Physicians (FRCP, London), American College of Rheumatology, British Society for Rheumatology and is a regional coordinator for the Paediatric Rheumatology International Organization (PRINTO). Prof. El Miedany works closely with skilled and highly motivated medical colleagues and a team of dedicated musculoskeletal occupational and physiotherapists. This allows access to the full range of therapies available for simple and complex musculoskeletal disease including the Biologic therapies. He has special interest in Musculoskeletal Ultrasonography with wide experience in both diagnostic and US guided therapeutic procedures. He was an early proponent of the targeted treatment of inflammatory arthritis and the importance of measuring disease activity as well as patient reported outcomes in order to help guide treatment decisions. Prof. El Miedany has more than 200 publications published in international peer reviewed journals as well as elite conferences such as EULAR, ACR and BSR. He has been an invited speaker at many international rheumatology meetings and symposia worldwide. He authored/ co-authored several chapters in international rheumatology text books and has been the editor for 3 books, Publisher Springer. He is a reviewer for several international rheumatology journals and is associate editor for BMC: Musculoskeletal. His h-index is 20 and i10-index of 30. His has a research gate score of 40.17. His is currently working on a new book about "Comorbidity in Rheumatic Diseases" (Publisher: Springer). His website: www.rheumatology4u.com provides specialized help to both patients suffering from variable rheumatic diseases as well as rheumatologists and specialist rheumatology nurses.

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