

Your Resource for Joint Pain and Rheumatic Disease



After 11 years in her Seaford practice, Dr. Ivonne Herrera, MD (right) recognized a need in surrounding areas, and added doctors Carlos Gadea, MD (far left) and Ximena Ruiz, MD (center) to the team to offer rheumatology services in Georgetown and Salisbury.

ACCORDING TO THE NATIONAL INSTITUTE OF HEALTH,

over 46 million Americans suffer from arthritis and other rheumatic diseases. Rheumatic diseases can affect virtually any part of the body. They are usually associated with inflammation (swelling and redness), are almost always accompanied by pain, and have symptoms that can have a profound effect on the ability to perform daily activities.

Here on the Eastern Shore, patients can turn to the Arthritis and Osteoporosis Center for the diagnosis and treatment of a number of conditions. While osteoarthritis (what we refer to as “arthritis”) is the most commonly known rheumatic disorder, there are many painful diseases that affect the connective tissues of the body such as fibromyalgia, osteoporosis, carpal tunnel syndrome, trigger finger, bursitis, gout, Baker’s cysts and plantar fasciitis. The Arthritis and Osteoporosis Center treats these and many more diseases. They also specialize in the care of several autoimmune diseases such as lupus, scleroderma, psoriatic arthritis, Sjogren syndrome, vasculitis and rheumatoid arthritis.

Founding physician Dr. Ivonne Herrera and her associates Dr. Ximena Ruiz and Dr. Carlos Gadea are board certified in both Internal Medicine and Rheumatology. Their practice values the mission to provide compassionate and respectful care for their patients, while using the most current technologies and therapies available today.

Dr. Herrera and her team provide rheumatology services to diagnose, treat and monitor chronic conditions, and work with

each patient to develop an individualized treatment program. They have several con-

The Arthritis and Osteoporosis Center Opens New Salisbury Office

BY GENIE BLAKE / PHOTOS BY DOUG NAARUP



Don't let joint pain slow you down! Let the staff of Arthritis and Osteoporosis Center get you back to enjoying life.
 Carlos Gadea, MD, Ivonne Herrera, MD, Rissa DeJesus, Angie Absher, Tara Jefferson, Rayelle Young & Ximena Ruiz, MD

venient locations including their main office in Seaford, a Georgetown office, and a brand-new Salisbury office.

Patients struggling with rheumatic diseases know the pain and chronic discomfort of these difficult conditions. In the past, physicians were not able to offer effective therapies to control some autoimmune diseases. However, today there have been great advances in treatment. Dr. Herrera explains, "Since 1999, there have been big changes in the management of diseases such as rheumatoid arthritis or psoriatic arthritis with the use of Biologic therapies. These medications have really changed the face of rheumatic diseases and have allowed us to control them and put them in remission."

There are a number of injections available to treat various joint disorders. Corticosteroid injections are injected into joints affected by arthritis, bursitis, tendinitis, carpal tunnel, tennis elbow, trigger fingers, ganglion cysts and tender soft tissue points. Visco-

supplementation or synthetic joint fluid injections are treatments for osteoarthritis of the knee (Orthovisc®, Synvisc® for example). They are injected into the knee joint and serve to lubricate and cushion the joint.

From their highly-qualified physicians to their advanced technologies and treatment, the Arthritis and Osteoporosis Center is your finest resource for the diagnosis and management of rheumatic diseases.

The Arthritis and Osteoporosis Center's office in Seaford has a state-of-the-art infusion area where patients receive the newest, most effective treatments for osteoporosis, rheumatoid arthritis and other autoimmune diseases. Infusion therapy is provided for a variety of medications, including Remicade®, Rituxan®, Orencia®, Actemra®, Boniva®, Benlysta® and Reclast®. The office also offers the service of subcutaneous injections of Cimzia® and Prolia®. The same services will be offered in the Salisbury office as well.

Osteoporosis means "porous bone" and is a progressive bone disorder. As the bones become less dense, they also become weaker and more likely to break. One in two women and one in four men over age 50 will have an osteoporosis-related fracture in her or his lifetime. The Arthri-

Dr. Ruiz looks for evidence of carpal tunnel syndrome with the in-office ultrasound machine.





An in-office transfusion suite offers added comfort and convenience to patients. Patients receive the newest, most effective treatments for Rheumatoid Arthritis, Osteoporosis and other autoimmune diseases from a certified rheumatologist and a registered nurse who specialize in IV infusion treatments.

Dr. Herrera provides care with expertise and compassion.



tis and Osteoporosis Center provides evaluation, and management of osteoporosis and other conditions that cause low bone mass. The practice is one of the few osteoporosis specialty practices in the area to offer comprehensive bone care.

The Arthritis and Osteoporosis Center is proud to implement their up-to-date Musculoskeletal Ultrasound technology to help diagnose and treat rheumatic diseases. Their experienced physicians use diagnostic ultrasound to image the soft tissue of the body. Just as ultrasound is used to evaluate an unborn baby or the heart and other internal organs, Musculoskeletal Ultrasound can image muscles, tendons, ligaments and other soft tissue. "Ultrasound is especially helpful when guiding injections into the hips, ganglion cysts, or Baker's cysts," says Dr. Herrera. Ultrasound modality has the distinct advantage of visualizing the body in motion and has no known contraindications to its use. Musculoskeletal Ultrasound testing can be performed when other diagnostic tests may be unavailable or contraindicated. Claustrophobic patients or those with metal implants, cardiac pacemakers, women who are pregnant, and the very young or elderly pose no problem for Musculoskeletal Ultrasound examinations.

From their highly-qualified physicians to their advanced technologies and treatment, the Arthritis and Osteoporosis Center is your finest resource for the diagnosis and management of rheumatic diseases. For more information at any of their locations, call their appointment hotline at 1-844-878-4978. ❧

Arthritis & Osteoporosis Center

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