

It's A Fact Jack!

Overuse injury is responsible for nearly half of all sports injuries to middle and high school students. Immature bones, insufficient rest after injury and poor training or conditioning contribute to overuse injuries among children.



HEALTH MATTERS

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Psoriasis - An Autoimmune Disorder?

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Psoriasis an autoimmune disorder?

Absolutely. Autoimmune diseases arise from an overactive immune response of the

body against substances and tissues normally present in the body. In other words, the body basically attacks its own cells.

Psoriasis is classified as an autoimmune disease due to the inflammatory process that results in the over-production of skin cells. It commonly affects the scalp, elbows, and knees but can affect any skin surface. Psoriasis skin lesions typically appear as thickened, pink to red plaques with silvery-white surface scales. However, psoriasis lesions may also be pustular or guttate – which means “drop-like.”

According to the National Institute of Health, approximately 2.2 percent (7.5 million) Americans have psoriasis. There has also been shown a strong hereditary link in developing psoriasis. If one parent is affected, children have about an eight percent chance of developing psoriasis. If both parents are affected, this increases to 40 percent. Typically,

psoriasis appears around age 30 but can develop at any age. Recent research also shows an association between psoriasis and the risk of cardiovascular disease.

There is no cure for psoriasis, but there are a number of treatments available. The cheapest and most readily available treatment, particularly during the summer months, is natural sunlight. Approximately 90 percent of people with psoriasis report improvement with sun exposure. Unfortunately, sunlight does not help those with psoriatic arthritis.

For the winter months, phototherapy may produce the therapeutic benefit of natural sunlight. Small phototherapy units can be purchased for at-home use or larger booths are available at most dermatology clinics. Don't opt for tanning beds! The World Health Organization's International Agency for Research on Cancer (IARC) has moved UV tanning beds to its highest cancer risk category - “carcinogenic to humans.”

Topical treatments are also available, most being over-the-counter. Some include:

- Topical steroids or topical Vitamin-D analogs decrease the inflammation of the skin lesions and help reduce the rate of cell replication. These are frequently used in combination with each other.

- Coal tar preparations. Different formulations of this are available and can be used to treat scaling, inflammation and itching. One type is applied to bath water. Soaking helps to slow down or stop the formation of scale and soften thickened lesions. Best results are typically seen when supervised by a dermatologist.

Oral or injected treatments include:

- Methotrexate — an anti-inflammatory medication that suppresses the body's autoimmune response and may provide some relief of psoriatic arthritis.
- Acitretin (Soriatane) — a synthetic Vitamin A medication which inhibits the over-production of skin cells.
- Enbrel and Humira — injections also used for psoriatic arthritis.

If you or someone you know suffers from psoriasis, the dermatology department at West Bend Clinic - East can discuss treatment options available. For an appointment with Dan Nalepinski, PA-C or Gary Rosenmeier, MD, call West Bend Clinic - East at 262-365-6047.

What is a Physical Medicine & Rehabilitation Physician?

Physical medicine and rehabilitation (PM&R) physicians, also known as physiatrists, are medical doctors who specialize in the diagnosis and treatment of nerve, muscle, and bone (musculoskeletal) injuries or illnesses that affect how you move.

PM&R physicians treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. They accurately pinpoint the source of an ailment and design a treatment plan to be carried out by the patients themselves or with the help of the PM&R physician's medical team.

A medical team could include other physicians and health professionals, such as neurologists, orthopedic surgeons, pain specialists, spine surgeons and physical therapists. By providing an appropriate treatment plan, rehabilitation physicians help patients stay as active as possible at any age.

PM&R physicians have broad medical expertise to treat disabling conditions throughout a person's lifetime.

Some also are specialized in specific areas such as sports medicine (sports related injuries), osteoarthritis or women's conditions.



PM&R physicians also:

- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Work with a team of medical professionals
- Provide non-surgical treatments
- Work not only on treatment but also prevention

Why see a PM&R physician?

Some reasons to consider seeing a PM&R physician are:

- You had an accident or have an injury or chronic condition that has left you with pain or limited function
- You have an illness or treatment for an illness that has diminished your energy or ability to move easily
- You're recovering from the effects of a stroke or other problems related to nerve damage
- You have chronic pain from arthritis, a repetitive stress injury, or back problems
- Excess weight makes it difficult to exercise or has caused health problems
- Life changes such as childbirth or menopause have created new challenges to your physical function

Welcome Stacy Lynch, MD Physical Medicine & Rehabilitation

Stacy Lynch, MD, Physical Medicine & Rehabilitation Physician, will begin seeing patients August 24 at West Bend Clinic.



Dr. Lynch received her bachelor's degree from the University of Wisconsin-Madison and medical degree from The Medical College of Wisconsin. She completed her residency at the Mayo Clinic in Rochester, MN in Physical Medicine & Rehabilitation (PM&R) and is fellowship trained in sports medicine from The Medical College of Wisconsin.

"My goal is to restore optimal function to my patients as quickly and safely as possible by developing a personalized care plan," says Dr. Lynch. "As a sports medicine physician, I provide individualized care for all ages and work toward returning my patients to an active, healthy lifestyle."

Dr. Lynch specializes in ultrasound guided injections and electromyography or EMG (a technique for evaluating and recording the activation signal of muscles). Her clinical interests include sports and musculoskeletal medicine with an emphasis on female athletes, pregnant athletes and injury prevention.

To schedule an appointment with Dr. Lynch call 262-334-1641 ext. 2404.

West Bend Clinic

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