



Arthritis Center

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Stamping Out Disease and Saving Lives

Arthritis Center: Stamping out disease and saving lives.

Accepting Rheumatology New Patients in Bridgeton, Missouri.



What;'s New:

- Healthlink is no longer in network with our office
- Please arrive

15
minutes
early
to
your
office
visit

- Inform us of any scheduled surgeries and medication changes
- You are required to have your labs drawn every 3 months to ensure you are not experiencing any adverse reactions to the medications prescribed.
- It is your responsibility to bring your health insurance card with

you
to
each
visit
to
avoid
any
unexpected
delays
in
care.

CROHN'S DISEASE 101

A BASIC GUIDE



Crohn's disease is a chronic inflammatory bowel disease (IBD) characterized by inflammation of the gastrointestinal (GI) tract.

- It can affect any part of the GI tract, from the mouth to the anus
- It is not caused by food
- There is no cure
- It is not contagious

SYMPTOMS INCLUDE:

Frequent recurring diarrhea, rectal bleeding, unexplained weight loss, fever, abdominal pain and cramping, fatigue and a feeling of low energy, reduced appetite.

Other facts about symptoms:

- Inflammation plays a role in your symptoms
- Symptoms range from mild to severe



Eyes



Skin



Joints

CROHN'S IS UNPREDICTABLE



- Varies between periods when disease is active, or flaring, and when it is in remission (few or no symptoms)
- Varies from person to person and may change over time
- When Crohn's is flaring, symptoms may make it difficult to keep to a usual routine

WHO GETS CROHN'S DISEASE?



UP TO **20%**

of people with Crohn's have a blood relative who has IBD



AFFECTS MEN AND WOMEN EQUALLY



Usually diagnosed between ages

15-35
YEARS OLD

WHAT CAUSES CROHN'S?

- The exact cause is unknown
- It is not caused by something a person has done or eaten
- It is believed to be a combination of:

GENETICS

THE IMMUNE SYSTEM

THE ENVIRONMENT

CROHN'S IS BELIEVED TO BE AN OVERREACTION OF THE IMMUNE SYSTEM.

CROHN'S TREATMENT



- Because Crohn's is chronic, ongoing treatment is required
- There are many different kinds of medications available
- People with Crohn's should work with their doctor to create a treatment plan and set treatment goals

INSURANCE CHEATSHEET



Premium

Monthly payment. Health premiums went up by 4% in 2020.



Deductible

Amount you have to pay before your insurance kicks in for expenses.



Coinsurance / Copayment

% you have to pay after deductible is met. Copayment is a fixed amount you pay out-of-pocket for visits.



Out-of-Pocket Maximum

Max paid in a plan year, after deductibles, copayments and coinsurance. Plan pays the rest.



In-Network vs. Out-of Network

In-Network makes your costs cheaper, always check if references are in-network.



Nationwide Coverage

If you plan to move, consider nationwide coverage.

Subscribe to [@DONTBAKDOWN](#) on Spotify, ApplePodcasts and Youtube

Episode One: Understand your rights and responsibilities as a patient: Whether facing insurance denials, navigating treatment options, or simply wanting to communicate effectively with your doctors, we equip you with the knowledge and tools you need to feel in control.

back exercises

HELPS REDUCE LOWER BACK PAIN,
TENSION, STIFFNESS AND SORENESS

neilarey.com

1



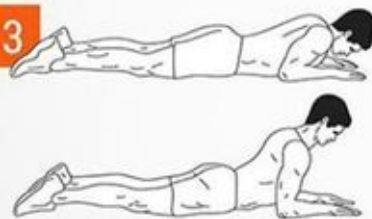
10 bottom to heels stretch

2



10 opposite arm / leg raises

3



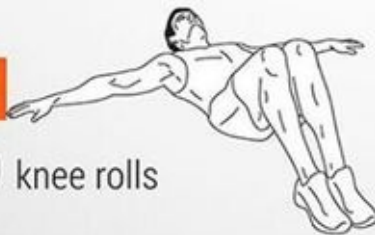
10 back extensions

4



10 bridges

5



10 knee rolls



Blog Posts You May Have Missed:

- [Guillain-Barré Syndrome: When Your Body Attacks Its Nerves](#)
- [Sickle Cell Disease](#)
- [Rheumatic](#)

Eyes
View

- Medicare,
Medicare
Advantage
and
Medicare
Supplement
Overview

Arthritis Center April

A	B	P	T	P	R	E	D	N	I	S	O	N	E
T	M	I	C	N	T	N	E	M	Y	A	P	O	C
U	E	N	O	H	E	A	L	T	H	C	A	R	E
L	D	J	B	L	N	M	N	B	M	S	A	T	S
T	R	E	U	U	O	O	T	R	S	E	R	I	P
R	O	C	R	F	T	G	D	A	N	R	T	U	A
A	L	T	S	U	N	E	I	U	E	I	E	E	P
S	P	I	I	T	O	S	M	C	R	R	C	T	L
O	A	O	T	A	T	M	O	H	A	U	T	A	T
U	K	N	I	S	I	E	T	L	P	T	T	C	U
N	A	S	S	O	L	R	F	T	T	E	N	O	D
D	O	N	T	B	A	A	K	D	O	W	N	V	T
R	O	U	A	L	S	C	L	I	A	O	U	D	R
O	A	A	E	R	A	C	T	N	E	I	T	A	P

FLAREUP
MEDROLPAK
TREATMENT
ADVOCATE
BIOLOGIC
COPAYMENT
AUTOIMMUNE
ULTRASOUND
PREDNISONE
DONTBAKDOWN
PATIENTCARE
BURSITIS
ARTHRITIS
INJECTIONS
HEALTHCARE

From the desk of Bunny Baak:

Woof woof! (Translation: Hi there!) Just wanted to send some wiggly tail wags and wet-nosed kisses your way. Feeling a little down? No worries, cuddle time with Bunny is the best medicine! Remember, my fur is always open for snuggles and my ears are always ready to listen (even if I mostly tilt my head in confusion). You've got this, and I'll be right here by your side with a happy bark every step of the way! P.S. I am on a diet so please check with my parents or subordinates before sneaking me a treat ... just sayin'.



Kind regards,
Arthritis Center / Team



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