

Summary

Mrs. A, a 62 year-old-housewife and a mother of 4 children, who is a diagnosed patient with Hypertension, Bronchial asthma, Rheumatoid arthritis and Secondary Osteoarthritis, presented with an acute flare up manifested as right wrist swelling and pain with early morning stiffness for 2 weeks duration. Examination revealed an active synovitis with limitation of range of movements involving right wrist joint affecting instrumental activities of daily living and the patient was managed with a short course of oral NSAID along with physiotherapy.

Obesity with poor adherence to dietary modifications, Hypertension and poorly controlled BA without proper follow up and chronic GORD symptoms were identified as medical problems that needs attention while recurrent falls with environmental risk factors and significant FRAX score for 10 year probability of hip fractures suggest the requirement of further BMD assessment followed by treatment for osteoporosis.