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Pediatric Rheumatology: Understanding Pediatric Autoimmune and Inflammatory Disorders

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Pediatric rheumatology is a specialized branch of medicine focused on diagnosing and treating autoimmune and infammatory disorders in children. These conditions can significantly impact a child's physical, emotional, and social well-being. Common disorders treated within pediatric rheumatology include juvenile idiopathic arthritis (JIA), systemic lupus erythematosus (SLE), and vasculitis. This article explores the types of pediatric rheumatic diseases, their clinical manifestations, diagnostic approaches, treatment strategies, and the importance of a multidisciplinary care model. By raising awareness of pediatric rheumatology, we aim to enhance the understanding of these complex conditions and improve care for a fected children.

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Pediatric rheumatic diseases encompass a variety of conditions characterized by in ammation of the joints, muscles, and connective $\frac{1}{2}$

tissues. Some of the most common conditions include:

JIA is the most prevalent rheumatic disease in children, a ecting approximately 1 in 1,000 children. It is an umbrella term for several types of arthritis that begin before age 16 and last for at least six weeks [3].

(especially in the morning), and reduced range of motion. Systemic symptoms such as fever and rash may occur in some subtypes, such as systemic JIA.

SLE is a complex autoimmune disease that can a ect multiple organ systems. While it is more common in adolescents and young

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Conditions like SLE can a ect the kidneys, lungs, heart, and nervous system, leading to more complex clinical scenarios.

Diagnosing pediatric rheumatic diseases o en requires a comprehensive approach that includes:

A thorough medical history and physical examination are essential. Physicians look for speci c symptoms, family history of autoimmune diseases, and patterns of joint involvement [7].

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Tests may include complete blood counts, in ammatory markers (e.g., ESR, CRP), and speci c autoantibodies (e.g., ANA, anti-dsDNA, anti-CCP).

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