



SILVER OAK CLINIC

Silver Oaks Campus, Napier Town, Jabalpur

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DR. PROF. S.S. NELSON
M.D. FACR

Professor of Medicine
NSCB, Medical College, Jabalpur
Fellowship Rheumatology (NIIMS, Hyderabad)
Eular Fellowship (Germany)
Fellow American College of Rheumatology
Consultant Rheumatologist
Mobile : 9826111066

Arthritis & Rheumatism Clinic

Specialist in Adult Rheumatology : Rheumatoid Arthritis,
Osteoporosis, Systemic Connective Tissue Diseases,
(SLE, Scleroderma, Sjogrens, Myositis, MCTD)
Crystal Arthritis (Gout, CPPD) Systemic Vasculitides.
Osteoarthritis, Spondyloarthritis (Ankylosing Spondylitis
Psoriatic Arthritis

SUNDAY CLOSED

03/04/24

N-Ms. Mohini Dubey
A/S- 56 y / F

△ Rheumatoid Arthritis
+ 2° Sjögren's

Rx
1) T. lefra (20mg) OD

2) C. Calaciz OD

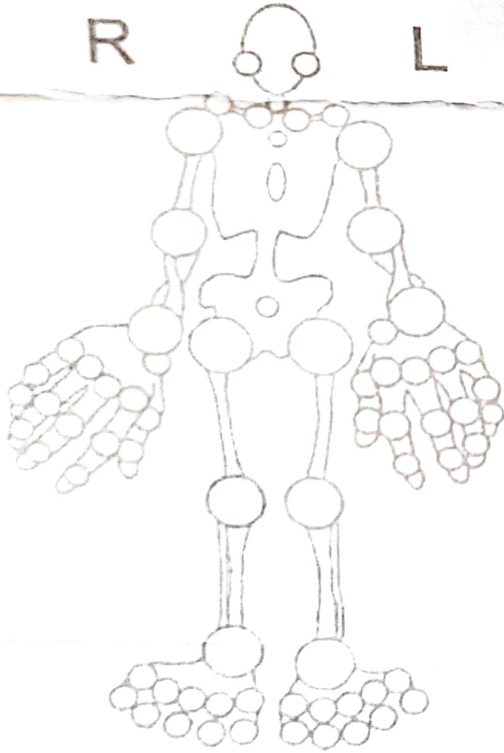
3) T. Pilomax (5mg) OD
o
स्वादि

4) T. Neurojackm OD

5) T. Defcort (6mg)
1/2 tab alternate day.

6) Refresh tears locally x 3 months

Shah



1. पालथी उकड़ बैठना मना।
2. घुटना मोड़ना एवं नीचे बैठना मना।
3. उंची कुर्सी 1.5 फुट
4. सीढ़िया चढ़ना-उतरना मना/कम
5. कुर्सी वाली लेटरिंग (वेस्टर्न कम्पोज)
6. वजन कम करना।
7. रोज चले/कसरत/साईकिल