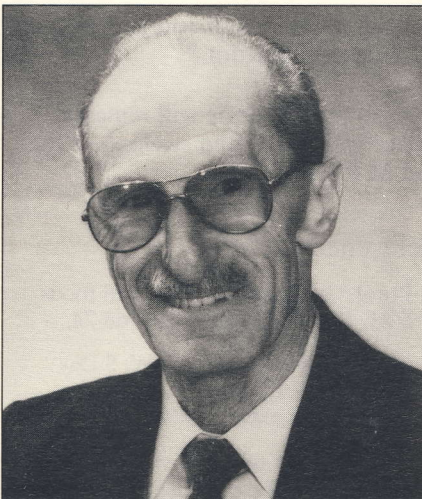


Rheumatoid Arthritis and Foods A Patient Study – G Borok



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Curriculum vitae

Dr Borok has been in both rural and urban family practice for 35 years. In 1983, after reading Dr M Mandell's book "5 day allergy relief system", he went to America to learn the techniques used by Mandell in his clinic in Norwalk Connecticut. For the last 5 years he has used an elimination programme to research the relief of irritable bowel syndrome and all chronic symptoms of all systems of the body, associated with the removal of foods from patients. He has read papers and presented posters on foods in relation to moods, asthma, migraine, IBS, hypertension and behaviour at various congresses. He has 3 publications concerning foods to his name. He has held a part time appointment at the post coronary rehabilitation programme at the Sports Research Centre, University of Pretoria for 12 years.

Summary

In this patient study certain food items were identified (through an elimination diet) which were associated with relief of pain and other symptoms.

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KEYWORDS:

Arthritis, Rheumatoid; Food; Diet Therapy.

A 59 year old male suffered from joint pains for 20 years. The pains began in the small joints of the hands and gradually spread to knees, ankles, elbows and wrists. Lately, he was awakened at 2 a.m. with acute epigastric pain and woke up in the mornings with severe pain in his joints. He used to immerse his hands in warm water before he could proceed with his ablutions. His right hand was especially painful and he ceased to shake hands, as he winced with the pressure. He ceased playing badminton 19 years and golf 5 years previously, because of pain.

As a child he had croup, repeated bronchitic attacks, pneumonia on one occasion, recurrent abdominal pain, vomiting attacks and migraine in his teens.

As an adult he had recurrent duodenal ulcers prior to the arthritis. The epigastric pain was worsened by the pain tablets he needed for his joint pains, graduating from salicylates to azopyrazone, sulindac, "tomanol" (since removed from register for side effects) and finally piroxicam. Antacids were a daily must and mucaine almost replaced meals.

On the 7th March 1983 he had a prostatectomy and had a diclophenac

injection for post operative pain with an immediate flare up of his duodenal ulcer pain. The circumference of his right hand at the metacarpal-phalangeal (M-P) joint before the diet measured 28,9 cms due mainly to gross swelling of the second M-P joint.

Investigations: March 1984

Sedimentation rate – 44 mms/hr

Rheumatoid screening factor – positive

Rheumatoid haemagglutination – 1 : 1280

Latex platelate test – 100 (n.v. <30)

Uric acid – 0,34 mmol/L

Anti nuclear factor – negative

Anti parietal cell factor – negative

At the beginning of April 1984 he was placed on the elimination diet as described previously.¹

Within days the pains in his joints were better and after only 1 week on diet the circumference of his right hand reduced by 7,4 cms. The appearance of his right hand after one week on the diet is shown in Fig 1 with swollen 2nd M-P joint. No photographs were taken at the beginning of the trial as the author was sceptical of any improvement.

After 3 weeks the pains in all his joints had disappeared, he had no epigastric pain and was off all treatment.

The elimination diet showed he reacted to 3B's. Bananas, beans and beetroot. His favourite foods were apples, bananas, beans and beetroot, one of which he had at least daily.