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NAME: Liz

**REASON TO CONTACTING
BEST DOCTORS**

seeking a diagnosis to explain
numerous mysterious symptoms

BEST DOCTORS EXPERT SPECIALTY:
rheumatology

“ The Best Doctors team
were brilliant. They
really were good.”

BACK ON THE BEAT AFTER MORE THAN TWO YEARS OF DEBILITATING SYMPTOMS

As a police officer in an armed response unit, Liz was used to making firm decisions in critical situations. Yet when it came to her own health, she found herself at a standstill, with no way forward in sight.

For over two years, she had been suffering from a variety of symptoms, including aching joints, headaches and recurrent attacks of mouth ulcers, which left her in nearly constant pain, and dry, gritty eyes and skin rashes, which made her life even more uncomfortable. Her doctors tried very hard to get to the bottom of her symptoms yet, despite a thorough medical investigation, a clear diagnosis eluded them. Liz began to feel increasingly frustrated and anxious about her situation and the lack of clear answers.

Fortunately, Liz remembered that she had access to Best Doctors through her Police Federation employee benefits package.

The Best Doctors team brought the case to a top international rheumatologist, who reviewed her complete medical history and confirmed that Liz was suffering from systemic rheumatic disease with features of an autoimmune disease, known as Sjögren's Syndrome.

Liz shared the expert report with her treating doctors, who were happy to learn that it confirmed their own findings and gave fresh suggestions for further testing. Her medical team followed the expert recommendations and Liz has now begun a new treatment regime, which is making a real impact.

“ My doctor was very impressed.”

**A CLEAR DIAGNOSIS AND SUCCESSFUL
TREATMENT REGIME**