

RHEUMATOLOGISTS - 2024

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DR. SHRUTI BAJAD RIJHWANI

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PROMINENT
RHEUMATOLOGISTS 2024

Through this Award, we acknowledge and applaud the healthcare professional's myriad care & treatment services, and their ingenuity to leverage the best practices in presenting unique methodologies to address complex healthcare demands.

Mandvi Singh

MANDVI SINGH
Managing Editor

DR. SHRUTI BAJAD RIJHWANI

Blending Cutting-Edge Medical Innovations with Unwavering Compassion

Rheumatologists are indispensable specialists at the forefront of managing complex autoimmune and musculoskeletal disorders, facing multifaceted demands and challenges. The intricate nature of rheumatic diseases demands a nuanced understanding of diverse symptoms and treatment modalities, requiring rheumatologists to navigate a broad spectrum of conditions affecting various organs and systems. From diagnosing rare autoimmune disorders to implementing tailored treatment plans, the role of a competent rheumatologist is pivotal in improving patient outcomes and quality of life. With the growing prevalence of these conditions and the need for early intervention, the demand for skilled rheumatologists continues to rise.

Dr. Shruti Bajad Rijhwani is a highly accomplished medical professional with an extensive academic and professional background. She completed her MBBS from HNB Garhwal University, Srinagar, followed by an MD in Medicine from Vikram University, Ujjain. Driven by a passion for specialization, she pursued fellowships in Rheumatology and Immunology from EULAR and Pain Management from Apollo University, Hyderabad. With nearly a decade of training and experience at Medanta Medicity, where she also served as a consultant, she honed her expertise in Rheumatology. Dr. Shruti further enriched her career by contributing her skills to prominent institutions such as Moolchand Hospital, Delhi, and Park Group of Hospitals, Gurgaon. Her dedication to patient care, coupled with her comprehensive knowledge, marks her as a valuable asset in the field of medicine.

Journey into Rheumatology

Dr. Shruti's journey into the realm of Rheumatology was deeply influenced by her personal experiences with her mother's battle against rheumatoid arthritis. Witnessing the scarcity of treatment options and the challenge of finding specialized medical care for her mother ignited a profound interest within her. She recognized the rarity of autoimmune diseases like rheumatoid arthritis and the lack of awareness surrounding them, leading to delayed diagnosis and treatment. This awareness gap motivated her to delve into this field, determined to bridge the divide between diagnosis



Dr. Shruti Bajad Rijhwani
Consultant - Rheumatology

and effective treatment. She found these diseases both rare and intriguing, seeing the immense potential for improving patients' lives through early detection and intervention.

Navigating the Complexity

Dr. Shruti navigates the intricate landscape of rheumatic diseases with a keen eye for the diverse array of symptoms they present. As she elucidates, these conditions can manifest through a multitude of symptoms affecting various organs of the body. While prolonged fever and joint pains are common indicators, Dr. Shruti emphasizes the importance of recognizing disease-specific symptoms such as oral ulcerations, reynaud's phenomena, recurrent miscarriages, genital ulcers, thrombophlebitis, erythema nodosum, and urticaria. Typically encountering referral cases, Dr. Bajad assumes charge armed with specialized investigations tailored to specific rheumatological conditions.

Her approach to diagnosis is meticulously crafted, focusing on the individuality of each patient and eschewing

the notion of 'copybook' cases. Dr. Shruti emphasizes the need for personalized, tailor-made treatment plans, acknowledging the incompleteness inherent in autoimmune diseases. She adeptly pieces together the puzzle of symptoms, crafting bespoke approaches to address the unique needs of each patient under her care.

Empowering Patients Through Hope

Dr. Shruti adopts a proactive approach to patient education and empowerment in managing rheumatic conditions. Central to her practice is instilling hope in her patients, assuring them of her unwavering support throughout their journey. Dr. Shruti remains committed to offering the latest treatments, believing that staying abreast of advancements is crucial for providing optimal care. She eschews outdated treatment modalities, preferring to utilize the most cutting-edge therapies available, even if it means embracing practices from other countries. Dr. Shruti maintains an aggressive stance in fighting for her patients' well-being, advocating for a partnership between patient and physician in decision-making. "I encourage individuals to educate themselves about their condition and actively participate in their care journey. Rather than prescribing medication hastily, I empower patients to take ownership of their health by fostering a collaborative partnership", asserts Dr. Shruti.

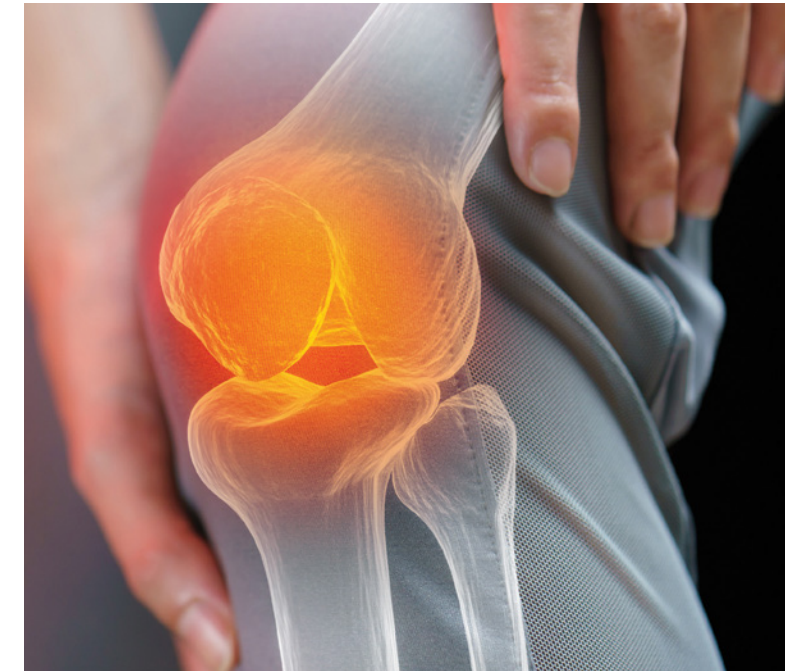


With early diagnosis & proper care, individuals afflicted with autoimmune diseases can lead fulfilling, normal lives

Revolutionizing Rheumatology through Advancements

"I have witnessed remarkable advancements in Rheumatology throughout my career, particularly with the introduction of biologic drugs. These innovative treatments have transformed the landscape of rheumatic diseases, enabling patients to regain control of their lives and achieve

a level of normalcy previously thought unattainable. My practice has evolved significantly over the past decade, with the integration of cutting-edge therapies such as TNF inhibitors and IL-6 inhibitors becoming standard in my approach. This evolution reflects a paradigm shift towards treating rheumatological conditions as manageable rather than debilitating, offering hope and improved quality of life to countless patients", informs Dr. Shruti.



Her dedication to staying informed and engaging in regular discussions and reading ensures that she remains at the forefront of these advancements, providing her patients with the most effective and up-to-date care available.

Overcoming Personal & Professional Hurdles

Dr. Shruti's journey has been marked by both personal and professional challenges. Growing up in Haryana, she faced the initial hurdle of envisioning a broader national identity for herself. Despite this, her determination to carve out a name for herself drove her relentless pursuit of success. As a woman, she encountered additional obstacles, balancing marriage, motherhood (including raising twins), and a demanding career without ever taking a break. "I'm immensely grateful to my family, particularly my mother and my husband, Dr. Chetan Rijhwani. Their unwavering support and encouragement have been integral to my journey in medicine, especially through the challenges of balancing career and family, particularly after the birth of our twins", concludes Dr. Shruti. 