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Inside today, an 8-page section featuring exclusive interviews with leaders of city companies that are changing the world

How Cambridge is leading fightback against cyber attacks

PLUS The man behind the new world of electronics that will connect clothes, groceries and other everyday items to the internet | **pages 49-56**

**AND
Our
new car
special**





Children enjoy the Twilight event at the Sedgwick Museum of Earth Sciences
Pictures: Keith Heppell



Exploring our museums at twilight



Families grabbed their torches and headed to Cambridge's bustling museums for an after-hours exploration.

Some 13 locations opened their doors to the public for the annual Twilight at the Museums event.

The event last Wednesday evening gave grown-ups and children the chance to discover the city's museums and

collections in a completely different way.

There were Adventures with Art at the Fitzwilliam Museum, Curious Collectors at the University Library and Gruesome Gargoyles at All Saints' Church.

The event was organised by University of Cambridge Museums, whose work is supported by Arts Council.

Health

Have you got the S factor? How to recognise inflammatory arthritis

Dr Anoop Kuttikat, consultant rheumatologist, Mulberry Clinic, Hinchingsbrooke Hospital



Many people suffer from aches and pains in the joints and often blame this on 'getting old'.

Wear and tear in the joints – called osteoarthritis – do tend to affect older people. However, it is important to realise that not all joint pains are due to age-related degenerative changes.

Inflammation in the joints (inflammatory arthritis) can also cause joint pains and can affect any age group, from children and young adults to the elderly.

This demands urgent attention as untreated inflammation causes damage and deformity in the joints. If recognised and treated early, it is possible to get the joint pains under control and prevent long-term damage and disability.

There are several types of inflammatory arthritis. Rheumatoid arthritis is the classic type, usually affecting multiple joints, especially the small joints of the hands.

It is an auto-immune disease causing inflammation of the

lining of the joint called synovium. Joints become painful, swollen and stiff, and are especially worse in the mornings.

Auto-immune refers to the fact that the underlying problem is with the immune system mistakenly attacking its own body instead of fighting infections.

The specific cause for the immune system to behave in this abnormal fashion remains unclear. Research has identified that smoking is a risk factor for developing rheumatoid arthritis,

and genetic factors play a role.

Stiffness in the early morning lasting more than half an hour, persistent swelling of the joints and painful squeeze – the so-called S factor – suggest inflammatory arthritis.

If present, a GP will refer you urgently to a consultant rheumatologist, who will confirm diagnosis based on history, examination and tests (blood, ultrasound scan, X-rays). Many hospitals have dedicated 'early inflammatory arthritis' clinics to

facilitate this process.

Once confirmed, treatment is started immediately. A short course of steroids (tablets or injection) is often needed to get the inflammation under control. Long-term treatments called disease-modifying antirheumatic drugs (DMARDs) are also started without delay to get the arthritis in remission and to prevent flare-ups. Newer treatment options called biologics are also available for patients who have difficulty controlling the disease.