

# Ron Lougheed – Getting on with life

**A**rthritis and autoimmune diseases aren't necessarily illnesses that slowly creep up on you. It isn't just a matter of aches and pains either.

*"I woke up one morning unable to move and in excruciating pain."*

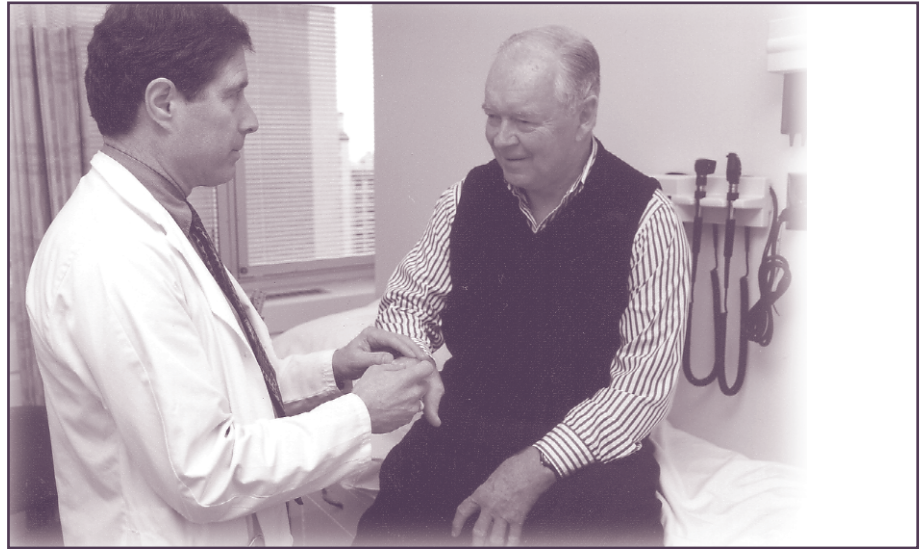
Ron Lougheed was in his mid 50s at the time, leading a full and active life. This sudden inability to move was inexplicable - to him and to his family.

Ron immediately called a physician friend who happened to be a rheumatologist. He was quickly diagnosed with rheumatoid arthritis. Although he was receiving treatment for the disease,

*"I got progressively worse and lost 60 pounds in the first six months".*

It was becoming evident that Ron's RA was particularly aggressive, and it was at this point he was referred to Dr. Edward Keystone. Ron was admitted into hospital and underwent 4 weeks of rigorous testing. From the outset of his RA, Ron was examined by some of the top rheumatologists in Toronto. Dr. Keystone and his colleagues were quite baffled because of the unique way in which RA was affecting Ron. Ron tells us

*"I just wasn't responding to traditional drug treatments, so Dr. Keystone decided to take me off all medications and to start from scratch. Dr. Keystone was able to*



**Ron Lougheed being examined by Dr. Edward Keystone, Director, The Centre for Advanced Therapeutics**

*treat my RA with a variety of drugs that really worked for me. In addition, I fortunately do not have any adverse side-effects from my medications."*

The severity of Ron's RA is rare, and so is his dramatic improvement. However, Ron will most likely have to take drugs for the rest of his life to reduce and control the symptoms of this disease.

When asked what keeps him healthy in addition to the drugs, Ron says:

*"Both my family and I believe in getting on with life, and embracing its challenges. I do my best to live a physically*

*active life through regular workouts at the gym and active participation in golf, tennis and skiing. I am very fortunate to have received the care I did at the onset of my RA and with the quality of care I continue to receive from Dr. Keystone."*

Ron knows that his fortunate recovery from his first experience with RA has a great deal to do with the discoveries made at the Wellesley Toronto Arthritis and Immune Disorder Research Centre, and that these discoveries are then translated into effective patient care.