

MYCOPLASMA AND CHLAMYDIA CAUSE ARTHRITIS
Gabe Mirkin, M.D.

Reactive arthritis means that a person has an infection that is followed by multiple joint pains. I have said repeatedly that reactive arthritis can be cured with long-term antibiotics, and in spite of the overwhelming evidence that reactive arthritis can be cured with antibiotics, many physicians today do not prescribe antibiotics. This allows the disease to destroy the joints of their patients permanently and once cartilage is destroyed, it cannot be repaired.

Clinical And Experimental Rheumatology had an excellent article from Germany showing that mycoplasma and chlamydia are common causes of arthritis. People who get arthritis after they pick up a venereal disease with burning on urination usually are infected with chlamydia and usually have a specific factor in their bloodstreams called HLA-B27, which is part of the body's immune response to try to kill chlamydia. This study shows that HLA-B27, which is easily detected by a blood test, somehow tries to kill chlamydia, and that the people who get arthritis from chlamydia have this protein in their cells (1). Most people who do not get arthritis with their chlamydia infection do not have this protein in their bloodstreams.

A second study in *Clinical Infectious Diseases* shows that a person developed severe rheumatoid arthritis after an acute sudden mycoplasma infection (2). So, if you suffer from arthritis, ask your doctor to order blood tests for arthritis. If arthritis blood tests are positive, you have swelling in the middle of your fingers or knuckles, you have burning on urination, diarrhea, a chronic cough, a chronic burning in your stomach, or you are under 50 years of age, you probably have a reactive arthritis and can be cured with antibiotics. If you are not treated correctly, expect permanent joint damage. See reports [#J106](#) and [#J159](#).

1) The modulation of chlamydial replication by HLA-B27 depends on the cytoplasmic domain of HLA-B27. JG Kuipers, A Bialowons, P Dollmann, MC Jendro, L Koehler, M Ikeda, DTY Yu, H Zeidler. *Clinical and Experimental Rheumatology*, 2001, Vol 19, Iss 1, pp 47-52. Address: Kuipers JG, Hannover Med Sch, Div Rheumatol, Dept Internal Med, D-30623 Hannover, GERMANY.

2) Adult Still's disease associated with *Mycoplasma pneumoniae* infection. C Perez, V Artola. *Clinical Infectious Diseases*, 2001, Vol 32, Iss 6, pp E105-E106. Address: Perez C, Hosp Virgen del Camino, Dept Internal Med, Irunlarrea 4, Pamplona 31008, SPAIN