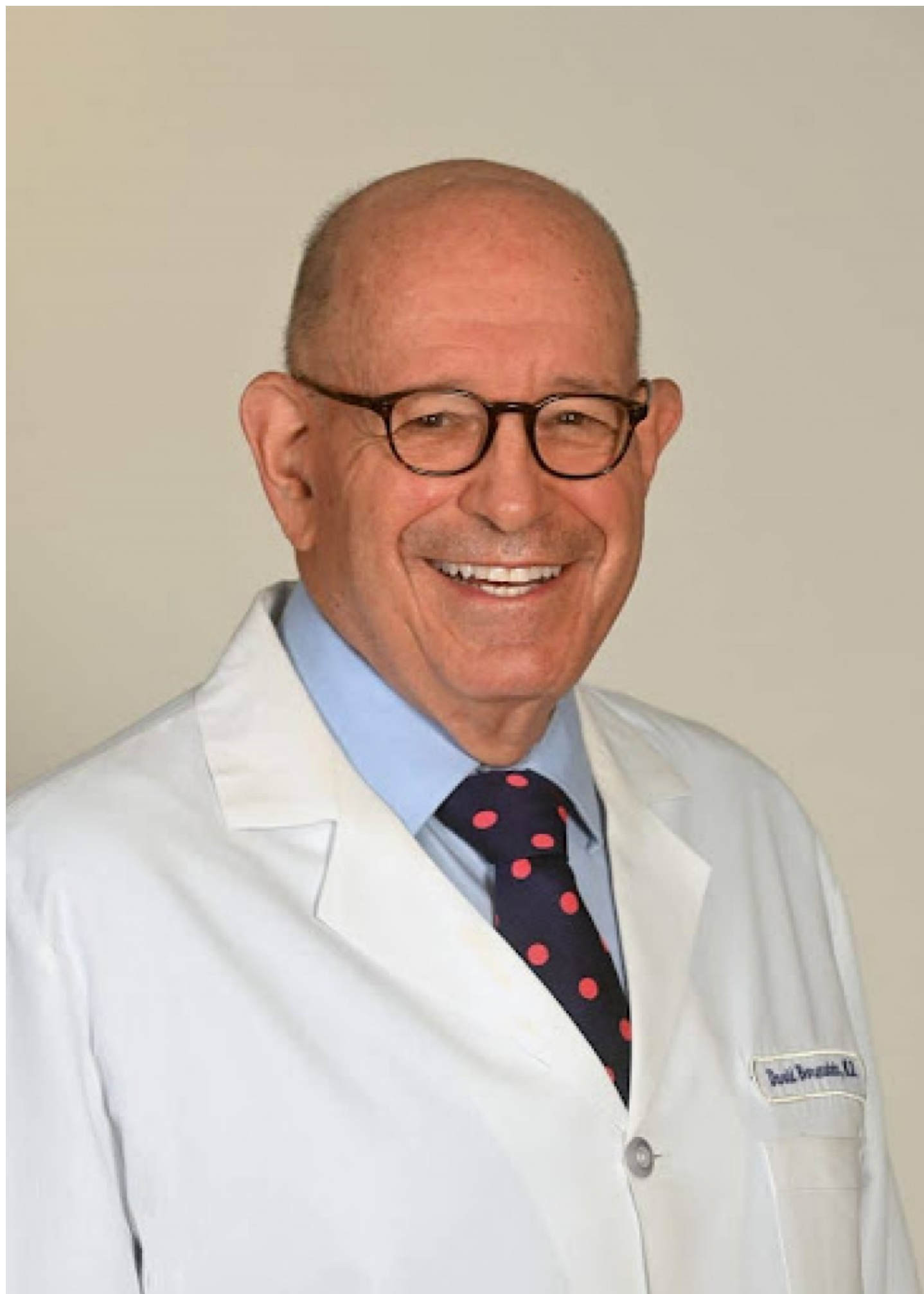


David Borenstein, MD, a Rheumatologist with Arthritis and Rheumatism Associates, P.C.

Get to know Rheumatologist Dr. David Borenstein, who serves patients in Washington, D.C.



New York City, New York Dec 27, 2022 ([Issuewire.com](https://www.issuewire.com)) - Known as “America’s Back Doctor”, Dr. Borenstein is a nationally-recognized rheumatologist, brilliant author, educator, radio host, and advocate. He is a partner at Arthritis and Rheumatism Associates, P.C., accepting patients at their Washington, D.C. facility.

With never giving up on a patient as his philosophy, he brings extensive experience and leadership in the diagnosis, management, and support of individuals with rheumatic and arthritic conditions of the spine. He is internationally recognized for his expertise in the care of patients with low back pain, neck pain, spinal disorders, and osteoarthritis.

The largest rheumatology practice in the Washington, D.C. area, Arthritis and Rheumatism Associates, P.C. integrates excellent medical care with comprehensive services, maintaining a full-service laboratory, x-ray facilities, a physical therapy division, three centers for the diagnosis and treatment of osteoporosis, and three infusion centers. The practice provides patients the opportunity to access the most recent and innovative technologies through their active clinical research program that allows participation in national trials to evaluate new medications for the treatment of arthritis, osteoporosis, and a variety of rheumatic diseases.

Academically, Dr. Borenstein received his undergraduate degree at Columbia University and his medical degree from The Johns Hopkins University School of Medicine. He then went on to perform his training in internal medicine and rheumatology at The Johns Hopkins Hospital.

Subsequent to his education, he attained board certification in both rheumatology and internal medicine through the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

In 1978, Dr. Borenstein joined the rheumatology faculty at the George Washington University Medical Center and rose to the rank of Professor of Medicine and Professor of Neurological Surgery. He was also the Director of the Spine Center for 6 years and, in 1997, joined Arthritis and Rheumatism Associates, P.C., the largest rheumatology practice based in Maryland and Washington, D.C.

Holding an academic title, he serves as a Clinical Professor of Medicine within the Division of Rheumatology at The George Washington University Medical Center in Washington, D.C.

For his outstanding contributions to internal medicine, Dr. Borenstein has been recognized as a Master of the American College of Physicians and as a Master of the American College of Rheumatology (is a past President).

He is a member of or serves as an officer in numerous health and medical societies, organizations, and advocacy groups, including the Rheumatism Society of the District of Columbia, the Johns Hopkins Medical & Surgical Society, the Lupus Foundation of Greater Washington, the International Society for the Study of the Lumbar Spine, the Spondylitis Association of America, and the Spondyloarthritis Research & Treatment Network.

His research interests include the development of new medications for pain and inflammation and the appropriate use of magnetic resonance imaging. The Journal of Bone & Joint Surgery published the

results of an independent, seven-year follow-up study coordinated by Dr. Borenstein, which concluded that MRI scans are not predictive of the development or duration of low back pain.

Over the years, he has participated in numerous U.S. Food and Drug Administration (FDA) Advisory Boards. The FDA invited him to review current low back pain medications, and to comment on continuing issues in the care and treatment of back health and pain management.

Rheumatology is a branch of medicine devoted to the diagnosis and management of disorders whose common feature is inflammation in the bones, muscles, joints, and internal organs. A rheumatologist is an internist or pediatrician who received further training in the diagnosis (detection), and treatment of diseases that affect the muscles, bones, joints, ligaments, and tendons. These diseases can cause pain, swelling, stiffness, and potentially cause joint deformities.

As a health educator for both professional and consumer audiences, Dr. Borenstein has been an invited speaker to more than 30 medical schools and comments frequently in the national media on matters concerning back pain. He is a popular lecturer for the Arthritis Foundation and other patient education groups, does public service spots about proper back health, and has appeared on national news programs, including CBS and CNBC.

Writing textbooks for physicians, he is the author or co-author of more than 100 journal articles and books, including *Heal Your Back* (2011) and *Back in Control* (2003); and three medical textbooks: *Low Back and Neck Pain: Comprehensive Diagnosis and Management 3rd Edition*, *Low Back Pain: Medical Diagnosis and Comprehensive Management 2nd Edition*, and *Neck Pain: Medical Diagnosis and Comprehensive Management*. They have been recognized by the American Association of Medical Libraries as one of the 200 essential books for a medical library.

Having earned the recognition and praise of the medical community, Dr. Borenstein has been named as an outstanding specialist in Rheumatology in *Washingtonian Magazine*, *Washington Consumers' Checkbook*, *Who's Who in Medicine and Health*, and *Best Doctors in America*. He is also the 2011 recipient of the Marriott Lifetime Achievement Award, which was bestowed upon him for his outstanding accomplishments and lifetime achievements in the field of rheumatology.

Learn More about Dr. David Borenstein:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/8123776-David-Borenstein-Rheumatologist> or through Arthritis and Rheumatism Associates, P.C., <https://arapc.com/our-providers/david-g-borenstein-md-macp-macr/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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