

Curriculum Vitae

Dr. Christopher John Edwards

Personal Details

Department of Rheumatology
Southampton General Hospital

Nationality: British
GMC no: 3466553
SMC no: 09110c

Present Appointments

Consultant Rheumatologist & Honorary Senior Lecturer
Southampton General Hospital, Southampton University Hospitals NHS Trust &
The London Lupus Clinic, London Bridge Hospital

Personal Summary

Dr Christopher Edwards is a Consultant Rheumatologist and Honorary Senior Lecturer at Southampton University Hospitals and the London Lupus Clinic at the London Bridge Hospital. Dr Edwards has a busy clinical practice specialising in the treatment of autoimmune rheumatic diseases including systemic lupus erythematosus and rheumatoid arthritis. He trained at leading centres in London and Singapore including the Lupus Unit at St Thomas' Hospital under the supervision of Professor Graham Hughes and at the Kennedy Institute of Rheumatology, Imperial College under the supervision of Professor Sir Ravinder Maini. He also trained at the Hammersmith Hospital, St Georges Hospital and was a Senior Registrar at Guy's Hospital. He spent a year at the Tan Tock Seng Hospital in Singapore and gained enormous clinical experience in the management of the most severe lupus cases. Dr Edwards Rheumatology Department in Southampton has recently been recognised for its excellence by winning the United Kingdom "Hospital Doctor Rheumatology Team of the Year Award". At the London Lupus Clinic Dr Edwards sees a wide spectrum of inflammatory rheumatic diseases referred from within the United Kingdom and internationally.

Dr Edwards has a major academic interest in the environmental causes of autoimmune rheumatic disease and the search for new therapies for rheumatoid arthritis and lupus. He was Lecturer and Senior Registrar at the Kennedy Institute during a key phase in the development of the anti-TNF therapies and took part in the landmark ATTRACT trial of infliximab for the treatment of rheumatoid arthritis. During this time he completed a laboratory based MD thesis looking at the effect of inflammatory cytokines on cartilage and bone healing. Now in Southampton Dr Edwards is principal Investigator of several trials of new biological therapies for the treatment of rheumatoid arthritis and lupus including rituximab and tocilizumab. In addition, he has research projects looking at the effects of early life environment on the development of autoimmune rheumatic diseases at the MRC Environmental Resource Centre in Southampton and an interest in the effect of new immune therapies on insulin resistance and metabolic syndrome. Dr Edwards is an accomplished public speaker and has extensive experience teaching to undergraduate, postgraduate and specialist audiences.

Qualifications and Training

- 1987 **BSc 1st class (hons)** in Immunology & Basic Medical Sciences
King's College, University of London
- 1990 **MBBS** with distinction in Obstetrics & Gynaecology and distinction vivas
in Anatomy and Surgery, King's College, University of London
- 1993 **MRCP**, Royal College of Physicians, London
- 1994 **USMLE** parts I and II (USA licensing exams)
- 2000 **CCST** in Rheumatology and General Internal Medicine
- 2001 **MD thesis**, "Bone morphogenetic proteins in rheumatoid arthritis: effects
on inflammation and angiogenesis, University of London
- 2005 **FRCP**, Royal College of Physicians, London

Prizes and Awards

- 1986 MRC student grant for intercalated BSc, King's College, University of
London
- 1987 Immunology prize, King's College, University of London for laboratory
project, "Characteristics of DNA-binding autoantibodies in BALBc mice".
- 1989 Medical student scholarship, Department of Rheumatology, University of
Illinois
- 1988 ARC Rheumatology medical student prize, King's College, London
- 2000 Pharmacia bursary to support membership of Royal Society of Medicine
- 2006 United kingdom Hospital Doctor Rheumatology Team of the Year

Previous Appointments

- 01/08/90-31/01/91 Surgical House Officer,
King's College, London
Mr A Forsyth, Mr H Berry
- 01/02/91-31/07/91 Medical House Officer,
King's College, London
Professorial unit
Professor A McGregor, Dr P Watkins
- 01/08/91-31/01/92 Senior House Officer,
Hammersmith Hospital, London
Renal, respiratory and general medicine
Professor N Pride, Professor M Hughes
Professor A Rees, Professor C Pusey, Professor J Saville
- 01/02/92-31/07/93 Senior House Officer rotation,
St George's Hospital, London
Neurology, Dr P Munro
Infectious Diseases, Professor G Griffin
Cardiology, Dr D Redwood
- 01/11/93-31/10/94 Registrar in Rheumatology & General Medicine,
Kent and Sussex Hospital , Tunbridge Wells
Dr D MacFarlane
- 01/11/94-31/10/95 Registrar in Rheumatology & General Medicine,
St Thomas' Hospital, London
Dr G Hughes, Dr J Mathews, Dr T Spector
- 01/11/95-30/04/96 Locum Senior Registrar in Rheumatology & General Medicine,
Guy's Hospital, London
Professor G Panayi, Professor R Grahame, Dr T Gibson
- 01/05/96-31/10/96 Rheumatology Research Registrar,
St Thomas' Hospital, London
Dr T Spector, Professor J Lanchbury
- 01/11/96-13/08/00 Lecturer & Honorary Senior Registrar in Rheumatology
Kennedy Institute of Rheumatology
Imperial College School of Medicine, London
Professor R Maini, Professor P Venables, Dr C Mackworth-Young,
Dr P Taylor
- 13/08/00-13/08/01 Consultant Rheumatologist and Honorary Clinical Teacher
Department of Rheumatology, Allergy and Immunology
**Tan Tock Seng Hospital and the National University of
Singapore**, Republic of Singapore
Professor HH Chng

Publications

Published Abstracts

- 1997 CJ Edwards, A MacGregor, TD Spector, "Hair colour but not early greying is associated with BMD", Abstract BSR-AGM, 1997
- 1997 CJ Edwards, K Woodford-Richens, J Lanchbury, TD Spector, "*XbaI* & *PvuII* polymorphisms of the oestrogen receptor gene and BMD", BSR-AGM, 1997.
- 1999 NJ Zvaifler, L Marinova-Mustachieva, CJ Edwards, G Adams, RN Maini, "Mesenchymal stem cells in the blood", abstract presented at ACR, 1999.
- 1999 CJ Edwards, EM Paleolog, FM Brennan, M Feldmann, RN Maini, "Contrasting effects of TGF β 1 and BMP-2/4; regulators of Vascular Endothelial Growth Factor in Rheumatoid Arthritis", abstract presented at ACR, 1999
- 2001 CJ Edwards, EM Paleolog, M Feldmann, FM Brennan, "The potential of BMP-2 to stimulate healing of articular cartilage may be influenced by novel effects on angiogenesis", Presented at the Rheumatology Association of ASEAN 6th Congress of Rheumatology 2001.
- 2001 TY Lian, CJ Edwards, HH Chng, "A Study of a Cohort of Lupus patients with Acute Gastrointestinal manifestations of active disease", Presented at EULAR 2001.
- 2001 H Badsha, KO Kong, TY Lian, CJ Edwards, HH Chng. "Pulse Methylprednisolone for SLE Flares: A Lower Dose Decreases the Risk of Serious Infection Without Reducing Efficacy", presented ACR 2001.
- 2001 CJ Edwards, CF Hanrahan, WL Trepicchio, M Feldman, "Differential Gene Expression in PBMCs from Individuals with RA and Normals using Gene Chips", presented ACR 2001
- 2002 TY Lian, CJ Edwards, HH Chng, "Reversible acute gastrointestinal syndrome in patients with active systemic lupus erythematosus", presented at BSR AGM 2002.
- 2002 CJ Edwards, TY Lian, H badsha, HH Chng, "Characteristics of systemic lupus erythematosus patients admitted to a rheumatology department during one year", presented at EULAR 2002.
- 2002 KO Kong, TY Lian, H Badsha, CL Teh, CJ Edwards, HH Chng, "Predictive model of septicaemia among lupus patients admitted to a tertiary centre" presented APLAR AGM 2002

- 2002 KO Kong, TY Lian, H Badsha, CL Teh, CJ Edwards, HH Chng, “Predictive model of mortality among lupus patients admitted to a tertiary centre” presented APLAR AGM 2002
- 2003 CJ Edwards, TY Lian, H Badsha, N Arden, HH Chng, “Hospital admission of individuals with systemic lupus erythematosus: characteristics and predictors of outcome”, presented BSR AGM 2003
- 2003 S Brien, L Lachance, C Edwards, G Lewith, “A Pilot survey to assess attitudes to, disclosure of, associated adverse events of, and the use of complementary and alternative medicine in patients with rheumatoid arthritis in a UK outpatient’s clinic”, presented BSR AGM 2003
- 2003 T.Y.Lian, H.Badsha, K.O.Kong, C.J.Edwards, H.H.Chng, “Low dose pulse methylprednisolone is effective therapy for SLE flares: a prospective study, Presented EULAR AGM 2003
- 2004 CJ Edwards, NK Arden, JC Saperia, I Reading, TP Van Staa, C Cooper, “The changing use of disease-modifying anti-rheumatic drugs in individuals with RA from the General Practice Research Database (GPRD)”, Presented at the ACR AGM 2004
- 2004 CJ Edwards, H Syddall, R Goswami, J Smith, EM Dennison, NK Arden, C Cooper, “Improved hygiene in infancy and the presence of rheumatoid factor in adult life”, Presented at the ACR AGM 2004
- 2005 CJ Edwards, H Syddall, R Goswami, P Goswami, EM Dennison, NK Arden, C Cooper, “Rheumatoid Factor is an Independent Risk Factor for Ischaemic Heart Disease in Men”, Selected for oral presentation BSR 2005
- 2005 CJ Edwards, NK Arden, JC Saperia, I Reading, TP Van Staa, C Cooper, “The changing use of disease-modifying anti-rheumatic drugs in individuals with RA from the United Kingdom General Practice Research Database”, Selected for oral presentation BSR 2005
- 2005 CJ Edwards, H Syddall, R Goswami, P Goswami, EM Dennison, NK Arden, C Cooper, “Infection in Infancy and the presence of ANA in adults”, Selected for oral presentation BSR 2005
- 2005 CJ Edwards, D Fisher, T van Staa, C Cooper, NK Arden. “Individual DMARDs have different effects on the likelihood of developing septic arthritis in adults with rheumatoid arthritis”, presented at the ACR 2005.
- 2006 NK Arden, CJ Edwards, DJ Fisher, T Van Staa, C Cooper. “The increased risk of myocardial infarction in patients with rheumatoid arthritis is greatest in young women and is not due to traditional risk factors, presented at the BSR 2006
- 2006 CJ Bowen, K Dewbury, M Sampson, S Sawyer, SP Bennet, J Burridge, CJ Edwards, NK Arden. “Bursitis of the foot: A common and under diagnosed problem in patients with rheumatoid arthritis”, presented at the BSR 2006.

- 2006 CJ Edwards, C Bowen, S Sawyer, AJ Denesh, NK Arden. "The effect of TNF blockade on insulin resistance in patients with rheumatoid arthritis", presented at the BSR 2006.
- 2006 CJ Edwards, HE Syddall, P Goswami, R Goswami, EM Dennison, NK Arden, C Cooper. "ANA and ACA are not risk factors for ischaemic heart disease in a general population: differential effects of different autoantibodies", presented at the BSR 2006.
- 2006 SF Sawyer, HG Platten, BK Davidson, CJ Edwards. "A dedicated telephone helpline for lupus patients", presented at the BSR 2006
- 2006 CJ Bowen, K Dewbury, M Sampson, S Sawyer, SP Bennett, J Burridge, CJ Edwards, NK Arden. "Inter-observer reliability of a podiatrist and radiologist: results of ultrasound imaging of the plantar forefoot in patients with rheumatoid arthritis", presented at the BSR 2006

Original Research Papers

- 1996 RJ Stevens, C Andujar, CJ Edwards, PRJ Ames, AR Barwick, MA Khamashta and GRV Hughes, "Thalidomide in the treatment of lupus erythematosus: experience in sixteen consecutive patients, BJR, 36, 353-359,1997.
- 1997 PRJ Ames, S Lupoli, J Alves, T Atsumi, CJ Edwards, L Iamacome, MA Khamashta, GRV Hughes, V Brancaccio, "The coagulation / fibrinolysis balance in systemic sclerosis: evidence for a haematological stress syndrome", BJR, 36,1045-1050, 1997.
- 2000 CJ Edwards, DJ Hart, TD Spector, "Oral statins and increased bone mineral density in postmenopausal women", The Lancet, 335, 2218-2219, 2000.
- 2001 NJ Zvaifler, L Marinova-Mutafchieva, G Adams, CJ Edwards, J Moss, JA Burger, RN Maini, "Mesenchymal precursor cells in the blood of normal individuals", Arthritis Research, 2, 477-488, 2000.
- 2001 P Buxton, CJ Edwards, CW Archer, P Francis-West, "GDF-5 and skeletal development", J Bone Joint Surg Am, 83-A Suppl 1, S23-30, 2001
- 2002 H Badsha, CJ Edwards, HH Chng, "Melioidosis in systemic lupus erythematosus: the importance of early diagnosis and treatment in patients from endemic areas", Lupus, 10, 821-3, 2001
- 2002 H Badsha, KO Kong, TY Lian, CJ Edwards, HH Chng. "Pulse Methylprednisolone for SLE flares: Lower doses decrease the risk of serious infection without reducing efficacy", Lupus, 11, 508-513, 2002
- 2003 MM Rahman, KP Leong, CJ Edwards, HH Chng, "Five-and-a-half year study of 107 patients with septic arthritis in a general hospital in Singapore", APLAR Journal of Rheumatology, 6, 10-15, 2003

- 2003 YC Cheng, SW Leo, CJ Edwards, EZ Koh, "Primary meningococcal arthritis and endogenous endophthalmitis: A case report", *Annals Academy of Medicine Singapore*, 32, 706-709, 2003
- 2003 CJ Edwards, NK Arden, TY Lian, H Badsha, HH Chng, "Hospitalization of individuals with systemic lupus erythematosus: characteristics and predictors of outcome", *Lupus*, 12, 672-676, 2003
- 2003 TY Lian, CJ Edwards, HH Chng, "Reversible acute gastrointestinal syndrome associated with active systemic lupus erythematosus in patients admitted to hospital", *Lupus*, 12, 612-616, 2003
- 2004 KO Kong, H Badsha, TY Lian, CJ Edwards, HH Chng, "Low-dose pulse methylprednisolone is an effective therapy for severe SLE flares", *Lupus*, 13, 212-213, 2004
- 2004 R Strivens, N Arden, CJ Edwards, "Gut perforation associated with active Wegener's granulomatosis in 2 patients", *Clinical and Experimental Rheumatology*, 23, 124, 2005.
- 2005 CJ Edwards, NK Arden, D Fisher, JC Saperia, I Reading, TP Van Staa, C Cooper. "The changing use of disease-modifying anti-rheumatic drugs in individuals with rheumatoid arthritis from the United Kingdom General Practice Research Database", *Rheumatology* 2005;44(11):1394-8.
- 2005 Edwards CJ, Goswami R, Goswami P, Syddall H, Dennison EM, Arden NK, Cooper C. "Growth and Infectious Exposure in Infancy and the Risk of Rheumatoid Factor in Adult Life". *Ann Rheum Dis*. 2005 Aug 3;
- 2005 Westlake S, Edwards CJ. "Pulmonary nodular amyloidosis and systemic lupus erythematosus". *Lupus*. 2005;14(8):639-40.
- 2006 CJ Edwards, CF Hanrahan, WL Trepicchio, M Feldman, "Differential Gene Expression in PBMCs from Individuals with RA and normals using Gene Chips", *Arthritis Research*: In press.
- 2006 CJ Edwards, H Syddall, R Goswami, P Goswami, EM Dennison, C Cooper. "Infections in infancy and the presence of anti-nuclear antibodies in adult life" *Lupus* 2006;15 (2):213-217.

Articles and Reviews

- 1995 CJ Edwards and GRV Hughes, "Lupus; aspects of management", *Prescriber*, 6, 75-77, 1995.
- 2001 CJ Edwards, P Francis-West, "Bone morphogenetic proteins in the development and healing of synovial joints", *Seminars in Arthritis and Rheumatism*, 31, 33-42, 2001.

- 2001 CJ Edwards, GR Russell, TD Spector, “Statins and bone: myth or reality?” *Calcified Tissue International*, 69, 63-6, 2001.
- 2001 CJ Edwards, “Lupus around the world-*Lupus in Singapore*”, *Lupus*, 10, 889-891, 2001
- 2002 CJ Edwards, “Statins and Bone Morphogenetic Proteins: New Pathways in Bone Formation”, *Annals, Academy of Medicine Singapore*, 31, 245-7, 2002
- 2002 CJ Edwards and TD Spector, “Statins as modulators of bone formation”, *Arthritis Research*, 4, 151-153, 2002
- 2002 CJ Edwards, “Vasculitis in the Elderly”, *Elderly Health*, 2, 293-296, 2002
- 2002 H Badsha and CJ Edwards, “Intravenous pulses of methylprednisolone for SLE”, *Seminars in Arthritis and Rheumatism*, 32, 370-377, 2002
- 2005 CJ Edwards, “Environmental factors in lupus: are we looking too late”? *Lupus*. 2005;14(6):423-5.
- .2005 CJ Edwards, “What’s new in immune-mediated inflammatory disorders”, *Medicine*, 2005;33:9.
- 2005 CJ Edwards, “Immunological therapies for rheumatoid arthritis”. *British Medical Bulletin* 2005; 73 & 74:1-12
- 2006 CJ Edwards and C Cooper. “Early environmental factors and rheumatoid arthritis”. *Clinical and Experimental Immunology*: 2006;143(1):1-5.
- 2006 CJ Edwards, “Need to know: osteoarthritis” *Pulse*, 2006;66(2):26-27.

Books

- 2006 CJ Edwards, “Musculoskeletal pain” *MIMS Handbook of Pain Management*, 2006;Part 3,iii:36-39.
- 2006 “Osteoarthritis-GP pocket guide”, Medical Imprint, Haymarket Medical Publications, London.

Letters

- 2002 CJ Edwards, TY Lian, HH Chng, “Cushing’s Syndrome Caused by Treatment of Gout with Traditional Chinese Medicine”, *QJM*, 95, 705, 2002
- 2002 K Jordan, CJ Edwards, NK Arden, “ Allergic vasculitis associated with celecoxib”, *Rheumatology*, 41, 1453-1455, 2002

- 2003 K Walker-Bone, CJ Edwards, C Cooper, “Rheumatoid factor status in adult life is predicted by growth and exposure to infections during the first year of life”, British Medical Journal rapid responses published: 29 May 2003

Editorials and Commentaries

- 2003 Drugs in Context; CSF Medical Communications Ltd. Issue 006, Edition 1
- 2006 CJ Edwards, NK Arden, “Statins and fracture: why the confusion”?, International Journal of Epidemiology, In press.

Invited Lectures

- 2003 “Is remission a therapeutic goal in the treatment of rheumatoid arthritis? Objectives and strategies for RA therapy” Lancering symposium, Denmark
- 2003 “Lupus in Singapore”, Rheumatology Department, University of Cardiff
- 2004 “Environmental factors and Lupus”, Lupus Unit, St Thomas’ Hospital
- 2005 “The Changing use of DMARDs in rheumatoid arthritis from the GPRD” Plenary session at the BSR Birmingham
- 2005 “RF is an independent risk factor for ischaemic heart disease in a general population, Plenary session at the BSR Birmingham
- 2006 “The effect of TNF blockade on insulin resistance inpatients with rheumatoid arthritis” BSR, Glasgow
- 2006 “ANA and ACA are not risk factors for ischaemic heart disease in a general population: differential effects of different autoantibodies” BSR, Glasgow
- 2006 “Environmental factors and lupus”, Ten Topics in Rheumatology, St Thomas’ Hospital, London
- 2006 “The aetiology of SLE”, Royal Society of Medicine, London (to be held in September 2006)

Publishing

Editorial board of the Asia-Pacific League Against Rheumatology (APLAR) Journal 2000-2002)

Peer reviewing for the journals Rheumatology, Bone and Lupus

Guest Editor for a special edition of the journal Lupus on “Environmental Factors and Lupus”

Meetings organised

2002 Co-organiser of the British Society of Rheumatology Core Course held at Southampton General Hospital post-graduate centre.

2005 Co-organiser of the British Society of Rheumatology Core Course held at Southampton General Hospital post-graduate centre.

Teaching

Teaching medical students and junior doctors at Southampton University.

Teaching on rheumatology courses for General Practitioners and the pharmaceutical industry

Positions of Responsibility

Senior Resident (RMO) for the Division of Medicine at Charing Cross Hospital

Royal College of Physicians Associate tutor at Charing Cross Hospital

Royal College of Physicians Associate tutor at Kent and Sussex Hospital

Consultant responsible for biological agents for the treatment of rheumatoid arthritis in the Department of Rheumatology, Southampton General Hospital.

Specialist Clinics

Southampton Lupus Clinic at Southampton General Hospital

Early inflammatory arthritis clinic at Southampton General Hospital