



## Letter to Editor

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## A Sentimental Patient-AI Dialogue Exchange with DeepSeek AI on Troubles Faced Due to Reactive Arthritis

*Prakrati Jaiswal*

Dear Editor,

DeepSeekAI is a Chinese multimodal large language model developed by Hangzhou DeepSeek Artificial Intelligence Basic Technology Research Co., Ltd., which enforces the use of artificial intelligence to answer questions related to research, content creation, coding, etc [1]. DeepSeek-DeepThink R1 is the latest version developed in mid-January 2025. Its open-source nature can offer innovative opportunities to researchers for developing centric and customized applications at a lower cost and quicker processing time [2]. It offers much humanized responses and can handle complex reasoning-based tasks, which can lead to specialized training of future medical professionals. Reactive arthritis is an inflammatory disease noticed days to weeks after a gastrointestinal or genitourinary infection, resulting in joint pain, anterior uveitis, and ankylosing spondylitis. The major fact is its linkage to organisms like Chlamydia trachomatis, Neisseria gonorrhoeae, etc., which make people hesitant to seek medical help, and that makes the role of online artificial intelligence delivering accurate advice even more crucial [3].

The most intriguing feature is its reasoning capability to analyze the patient's social aspects, too. It can interact with patients and comprehend their emotional status. Its integration into tertiary care hospitals has revolutionized the administrative, research, and therapeutic management of patients beyond its diagnostic capabilities [4]. Some ethical concerns regarding data privacy and potential data leaks are still a cause of worry due to its open-source nature, at the same time demanding human oversight due to misleading medical information in other languages. Due to its capability of complex reasoning, DeepSeekAI might bring about an evolution in managing personal emotions related to social pressure and suggesting personalized routine workouts to people suffering from arthritis. Many fitness training apps might integrate DeepSeekAI to develop personalized workout routines for people depending on their joint requirements and day-to-day fluctuations in mobility.

Based on the responses, we learnt that DeepSeekAI uses verified resources to generate comprehensive yet understandable answers to questions like "When one needs to give rest to joints and when they must exercise?" in a simplified manner like "Motion is lotion, but inflammation needs rest." DeepSeekAI tends to understand the need for seeking medical help and advises the users towards strict follow-ups and to accept the fact that reactive arthritis impacts daily life chores, and it's okay to tell people around that "I have an autoimmune arthritis flare today. What looks easy to you costs me spoons". It informs one about the severity related to HLA-B27 positivity and advises joining support groups if facing severe mental issues.

It will be wrong to consider only the positive aspects of using artificial intelligence [5]. On one hand, it has been suggested to be integrated with virtual reality for analyzing the performance and errors of medical professionals. Issues related to data privacy, inherent biases, and hallucinations are a major concern demanding stricter human checking over the advised responses. The search feature should be enhanced to look for peer-reviewed and verified data from credible journals for more reliable information [2].

**Table 1:** Describes a set of nine questions asked by a patient suffering from reactive arthritis to DeepSeekAI

Question Asked	Detailed Answer Summary	Actionable Advice	Medical Notes
1. What is reactive arthritis?	Autoimmune joint inflammation triggered by infections (e.g., Chlamydia, Salmonella). Symptoms include arthritis (knees/ankles), eye inflammation, and urinary symptoms.	Track symptom patterns. See a rheumatologist for HLA-B27 testing.	Classified as seronegative spondyloarthropathy. 50-80% HLA-B27+.
2. What are the causes and risk factors which lead to reactive arthritis?	Triggers: Chlamydia (STIs), Salmonella/Shigella (foodborne). Risk factors: HLA-B27 gene, age 20-40, male sex for STI-triggered cases.	Practice safe sex/food hygiene. Treat infections early.	Not contagious - it's an immune response to infection.
3. Is physiotherapy useful in managing the redness, stiffness and pain in my joints which affect my day-to-day activities?	Reduces stiffness, improves mobility, prevents muscle atrophy. Aquatic therapy and gentle stretches most beneficial.	Do seated exercises daily. Use heat before movement.	Avoid during acute flares (rest first).
4. Give me a 15 min full body mobility program with stretches and exercises using every joint so that I can relieve my symptoms	Full-body gentle movements: neck rolls, seated cat-cow, ankle circles, finger stretches. Focus on pain-free range.	Perform daily. Use chairs for support if needed.	Never push through sharp pain.
5. What over the counter medications or preventive measures shall I take in case of a flare-up?	NSAIDs (ibuprofen) reduce swelling. Acetaminophen for pain only. Voltaren gel for localized pain.	Take NSAIDs with food. Ice swollen joints.	Chronic cases may need prescription DMARDs.
6. When shall I rest and when shall I exercise my joints?	Rest during flares (red/swollen joints). Gentle movement when stiff but not inflamed.	Use "2-hour rule" - if pain worsens >2h post-activity, reduce intensity.	Complete immobility worsens stiffness.
7. What are the complications associated with reactive arthritis?	Chronic arthritis (20-25%), eye inflammation (uveitis), rare heart valve issues. HLA-B27 increases risks.	Annual eye exams if HLA-B27+. Monitor for new symptoms.	Early treatment reduces complication risks.
8. How long will I take to recover and what are the chances of recurrence of symptoms?	Most recover in 3-12 months. 30-50% recurrence, often from reinfection. HLA-B27 increases recurrence risk.	Keep symptom diary. Avoid known triggers.	Recurrences may become less severe over time.
9. How to cope up with social pressure I face when people my age perform their chores better than me just because I suffered from a minor diarrhoea which changed my life completely with severe joint pains and joint stiffness that I find it difficult to even turn on the water tap?	Adaptive tools (lever taps, jar openers), pacing strategies, therapy for emotional support.	"I'm adapting, not failing" mindset. Set clear boundaries.	Chronic pain often requires psychological support.

**Conflict of interest**

There is no conflict of interest.

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