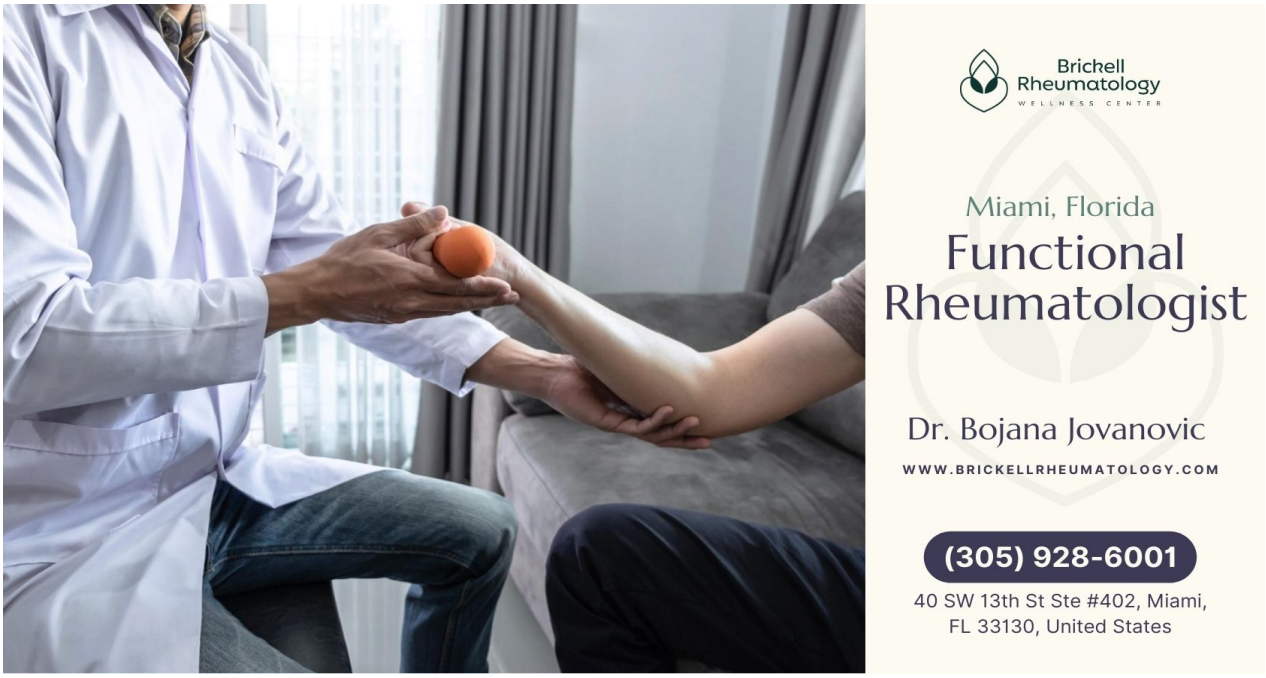


Brickell Rheumatology Integrates Functional Approaches in Autoimmune and Rheumatic Care

September 23, 2025

MIAMI, FL - September 23, 2025 -
Miami, FL? Brickell Rheumatology Wellness Center recently enhanced its patient care model by integrating functional and integrative rheumatology to address chronic autoimmune and rheumatic disorders with personalized, holistic strategies. This development reflects the Center?s commitment to advancing comprehensive care beyond conventional symptom management.

This patient-centered approach goes beyond typical therapies by addressing underlying causes rather than merely treating symptoms. The practice tailors care to each individual?s physiology, environment, and lifestyle, offering a holistic approach that supports better health and quality of life while acknowledging that outcomes vary.

Functional rheumatology examines contributing factors to chronic inflammation, immune dysregulation, and joint degeneration. Grounded in functional medicine principles, it considers interactions among genetics, environment, nutrition, stress, and lifestyle as complements to guideline-directed pharmacologic treatment

rather than replacements. Functional rheumatology seeks to support systemic balance through detailed patient evaluation and personalized treatment strategies.

This approach is led by Dr. Bojana Jovanovic, board-certified in Internal Medicine and Rheumatology, and an Institute for Functional Medicine Certified Practitioner (IFMCP), with over a decade of clinical experience. She blends these credentials to provide integrative care that addresses contributing factors to disease.

Informed by her own serious health journey, Dr. Jovanovic emphasizes caring for the whole person?not just controlling symptoms. The team at Brickell Rheumatology aims to empower patients by combining the science of rheumatology with functional medicine principles. This approach supports individuals in managing chronic conditions, with goals that include improved symptom management and, in select cases, more stable long-term disease control. The vision is to transform autoimmune and inflammatory disease care through an integrative and patient-centered model that promotes ongoing support and well-being.

Brickell Rheumatology Wellness Center uses modern diagnostic methods to guide functional rheumatology therapy. The program is strengthened by collaboration with allied health professionals, including referrals to nutrition services, physical therapy, and mindfulness-based stress management when appropriate. Anti-inflammatory, whole-food diets, individualized exercise routines, mindfulness training, and stress reduction work alongside traditional rheumatology therapy to support health and disease management.

This integrated method may help some patients with chronic symptoms despite normal therapies. Evidence and guidelines suggest that components of this approach?such as regular exercise, Mediterranean-style dietary patterns, and mindfulness-based interventions?can improve patient-reported outcomes (pain, fatigue, quality of life) and physical function, and in some trials, may contribute to reduced disease activity when used alongside DMARD therapy. The impact of the approach on medication side effects remains uncertain and is not well established. Brickell Rheumatology provides proactive, evidence-based therapy to assist patients in living active, healthy lives.

Brickell Rheumatology Wellness Center encourages patients and healthcare providers to consider a full range of treatment options, combining conventional rheumatology with functional and lifestyle-based interventions tailored to patients? clinical needs and preferences.

This initiative is part of Brickell Rheumatology?s broader mission to advance innovative and compassionate care for autoimmune conditions, including rheumatoid arthritis, osteoarthritis, lupus, gout, and other inflammatory diseases. The Center is located at 40 SW 13th St Ste #402, Miami, FL. For more information, visit the Brickell Rheumatology Wellness Center website or call (305) 928-6001.

This announcement has been authorized by Brickell Rheumatology Wellness Center and represents a recent

development in the Center?s approach to patient care. It reflects ongoing efforts to integrate emerging medical practices with established rheumatological treatments to enhance patient well-being.

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Brickell Rheumatology Wellness Center

Brickell Rheumatology Wellness Center provides compassionate, comprehensive, and personalized care by combining the science of Rheumatology with the principles of Functional Medicine.

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