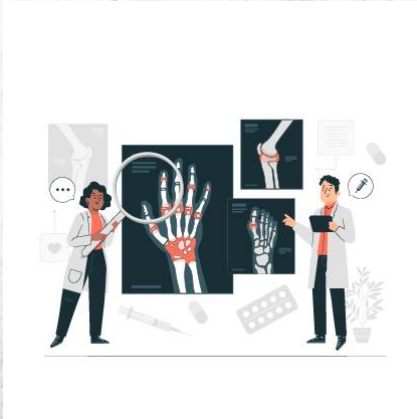


Arthritis



Overview:

- Arthritis is an inflammation that affects the joints and their surrounding tissues.
- There are many types of arthritis. A person can have more than one type at the same time.
- The causes of many kinds of arthritis are unknown.
- Its symptoms vary based on each type. They can develop either gradually or suddenly.
- There are no specific ways to prevent arthritis; however, you can control its risk factors.

Types of Arthritis

- Osteoarthritis. It is the most common type of arthritis.
- Rheumatoid arthritis. It is a very common type of arthritis.
- Gout
- Fibromyalgia



There are many types of arthritis, and a person can have more than one type at the same time

What are the symptoms of arthritis?

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

Cause:

The causes of many types of arthritis have not been identified; however, gout is caused by excess uric acid in the body. Also, some factors like genetics, lifestyle, and environment can have an effect on developing various types of arthritis.

What are the risk factors for arthritis?

- Aging
- Gender (most types of arthritis affect women, while gout is more common in men)
- Hereditary factors
- Weight gain and obesity
- Infections
- Occupational risks
- Smoking



When to see a doctor?

You should see your doctor when you feel pain, or notice stiffness or swelling in one or more joints.

Diagnosis

During the physical exam, doctors check your joints for swelling, redness and warmth. They'll also want to see how well you can move your joints.

Laboratory tests

The analysis of different types of body fluids can help pinpoint the type of arthritis you may have. Fluids commonly analyzed include blood, urine and joint fluid.

Imaging

These types of tests can detect problems within the joint that may be causing your symptoms.

What is the treatment for arthritis?

Treating arthritis depends on reducing the pain and resulting damage as much as possible. It also targets improving or maintaining joint function through medications, physical therapy, patient education, and sometimes surgery.



Prevention:

There is no way to prevent arthritis, but you can control its risk factors by following the tips below:

- Maintain a healthy weight by sticking to a healthy diet.
- Exercise regularly.
- Quit smoking.
- Protect your joints from injuries by doing special exercises.
- Ensure that your work site provides safety from the risk of falling. Make sure there is space, equipment, and tools that suit your physical ability.

