

Arthritis

Definition:

Inflammation of the joints, causing pain and stiffness.

Symptoms:

- Joint pain and swelling
- Reduced mobility

Risk Factors:

- Aging
- Obesity

Home Remedies:

- Turmeric and ginger
- Hot and cold compress

Medical Remedies:

- Pain relievers (NSAIDs)

Prevention:

- Regular exercise

Consult a Doctor if:

- Severe joint deformity appears

Fun Facts:

- There are over 100 types of arthritis.