Ourthritis Learn

To include in each article:

* Heading
* Sub-heading
* Keywords
* Article body
* References
* External links to relevant resources

Proposed headings with subheadings

* Introduction
  + Ourthritis Learn
  + *Include link-tree to all following articles*
* Immunity
  + General overview of immune system
* Autoimmunity
  + What is autoimmunity
  + What causes autoimmunity
  + What does autoimmunity do (inflammation and damage)
* Inflammation
  + What is inflammation
  + What causes inflammation
  + ‘Good’ v ‘bad’ inflammation
  + What does inflammation cause
* Arthritis – general
  + What is arthritis generally
  + General symptoms of arthritis
  + Types of arthritis – names just
* Psoriatic Arthritis
  + What is Psoriasis
  + Causes of psoriasis
  + Figures on psoriasis sufferers
  + Psoriasis link to Psoriatic arthritis
  + What is psoriatic arthritis
  + Symptoms of psoriatic arthritis
  + Causes
  + Treatments – medication
  + Treatments - holistic
* Rheumatoid Arthritis
* Osteoarthritis
* Juvenile Idiopathic Arthritis
* Food and inflammation
  + Gut health and inflammation
  + Foods that cause inflammation
  + Foods that are good against inflammation
  + Types of lifestyle (food) diets that *may* be good against inflammation
* Exercise and inflammation
* Mental Health in autoimmune conditions
  + Overview of mental health in long term conditions in general
  + What to expect to feel following a diagnosis and why it is ok
  + Coping strategies for dealing with flare-ups and the mental health issues that can arise