



## Overview of Arthritis

"Arthritis" literally means joint inflammation. Joints are places where two bones meet, such as your elbow or knee.

There are many different types of arthritis with different causes and treatments. In some types, other organs, such as your eyes, heart, or skin, can also be affected.

Common symptoms of arthritis include pain, redness, heat, and swelling in your joints.

If you have arthritis, it is important for your doctor to diagnose the type of arthritis you have so that you can get the proper treatment. Fortunately, current treatments allow most people with arthritis to lead active and productive lives.

## Types of Arthritis

There are several types of arthritis. Common ones include the following.

- [\*\*Ankylosing spondylitis\*\*](#) is a type of arthritis that causes inflammation in the joints and ligaments of the spine.
- [\*\*Gout\*\*](#) is a type of arthritis that occurs as flares, typically in your big toe or a lower limb.
- [\*\*Juvenile idiopathic arthritis\*\*](#) is the most common type of chronic arthritis that affects children.
- [\*\*Osteoarthritis\*\*](#) is the most common type of arthritis and is more common in older people.
  - [\*\*Living With Arthritis: Health Information Basics for You and Your Family\*\*](#)  
This illustrated booklet contains general information about osteoarthritis.
- [\*\*Psoriatic arthritis\*\*](#) can occur in people who have psoriasis (scaly red and white skin patches). It affects the skin, joints, and areas where tissues attach to bone.
- [\*\*Reactive arthritis\*\*](#) is caused by an infection in your body. Symptoms often clear up on their own within a few weeks or months.
- [\*\*Rheumatoid arthritis\*\*](#) is an autoimmune form of arthritis where the immune system attacks the healthy joint tissues.

## For More Info