**Arthritis:**

is an inflammation of the joints.

[**Inflammation**](https://www.webmd.com/arthritis/about-inflammation)**:**

is a process by which the body's white [blood cells](https://www.webmd.com/heart/anatomy-picture-of-blood) and substances they produce protect us from infection with foreign organisms, such as bacteria and viruses.

* Two of the most common types are **osteoarthritis (OA)** and **rheumatoid arthritis (RA)**.
* Many people with arthritis notice their symptoms are worse in the morning.