

ARTHRITIS



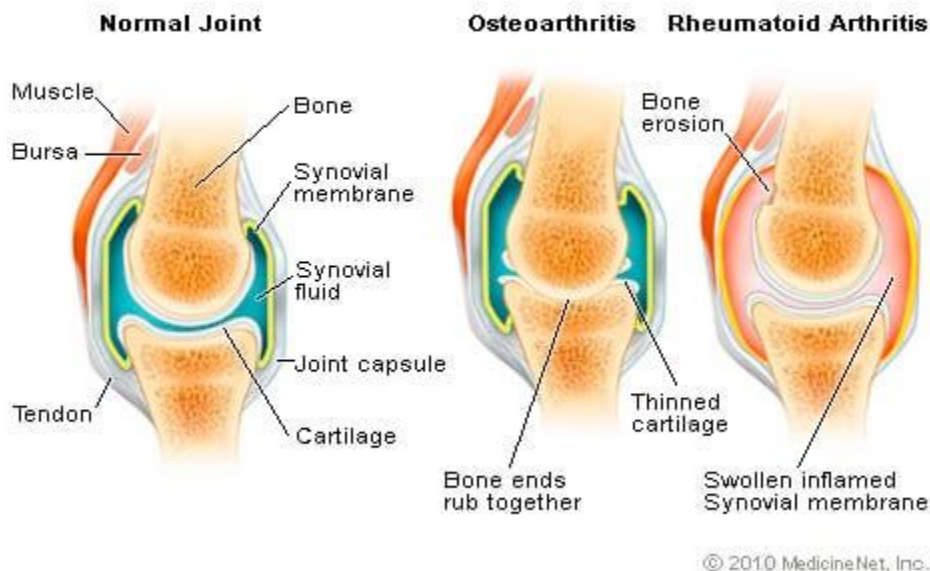
Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid arthritis is a disease in which the immune system attacks the joints, beginning with the lining of joints.

Uric acid crystals, which form when there's too much uric acid in your blood, can cause gout. Infections or underlying disease, such as psoriasis or lupus, can cause other types of arthritis.

Treatments vary depending on the type of arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

The five main types of arthritis



- **Osteoarthritis.** Osteoarthritis is the most common type of arthritis. ...
- **Rheumatoid arthritis.** Rheumatoid arthritis (RA) is an autoimmune disease. ...
- **Psoriatic arthritis.** Psoriatic arthritis (PA) is typically seen in people who have psoriasis, an autoimmune skin condition. ...
- **Fibromyalgia.** ...
- **Gout.**

The most common signs and symptoms of arthritis involve the joints.

Pain.

- **Stiffness.**
- **Swelling.**

- Redness.
- Decreased range of motion

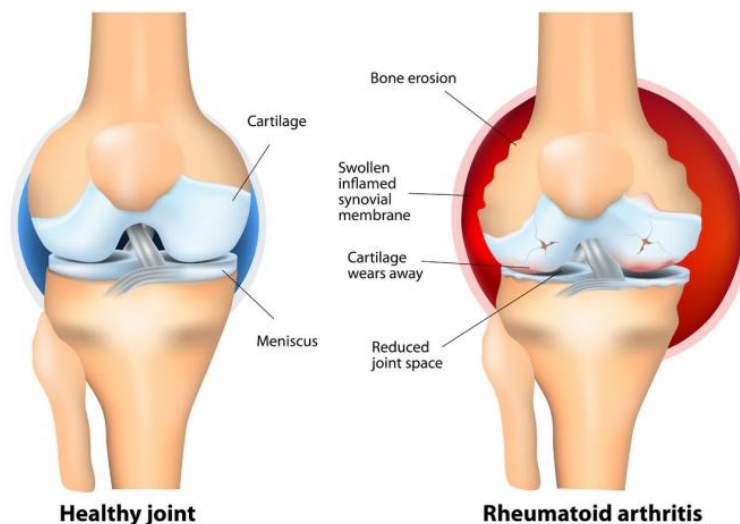
Rheumatoid arthritis is a chronic inflammatory disorder that can affect more than just your joints. In some people, the condition can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels.

An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity.

The inflammation associated with rheumatoid arthritis is what can damage other parts of the body as well. While new types of medications have improved treatment options dramatically, severe rheumatoid arthritis can still cause physical disabilities.

RHEUMATOID ARTHRITIS



Prevention of Arthrities

PREVENTION FROM ARTHRITIS

Following methods are used in order to prevent arthritis:

- Stay Active
- Diet Rich In calcium
- Rest
- Control Weight Gain
- Plenty of water intake
- Yoga and other light exercise