

Arthritis pain can affect your overall wellbeing. But with treatment, you can enjoy a full and happy life!

WHAT IS ARTHRITIS?^{2,3}

It's a condition that causes your **joints** to **become inflamed, painful, and stiff**^{2,3}.

Who is at risk?

People of all ages, even children⁴
 Overweight people and smokers⁵
Genetic predisposition (runs in family)^{4,5}

Women are more likely to **develop osteoarthritis** than men⁴.

TWO MAIN TYPES

1.

OSTEOARTHRITIS

The most common type, caused by wear and tear⁵.

Cartilage at the end of bones wears away, and exposed bones rub against each other^{3,4}.



SYMPTOMS

Joints feel painful, swollen, stiff, tender, and warm⁶.

3 OTHER TYPES OF ARTHRITIS



Gout – caused by uric crystal deposits in the joint¹.



Ankylosing spondylitis – affects spine¹.



Juvenile arthritis – inflammatory arthritis in children under 16 years old^{2,3}.

2.

RHEUMATOID ARTHRITIS

The immune system mistakenly attacks the body's healthy tissue with inflammation, damaging the joints. Gets worse if untreated².

Genetics and environmental factors may be a trigger for rheumatoid arthritis⁷.



SYMPTOMS

Fatigue, anaemia, weight loss, eye inflammation (and light sensitivity), lung and gut inflammation, bumps under the skin, fever³.

Prolonged joint stiffness in the mornings⁶.

Pain or aching and stiffness in more than one joint, with tenderness and swelling⁶.

Symptoms occur on both sides of the body⁶.

Flare-ups, followed by periods of remission^{2,6}.

REDUCE THE RISK

Control your weight^{1,5}

Stay active with appropriate exercise^{1,3}

Maintain a healthy lifestyle^{2,4,5}

MANAGEMENT

Medication²

Hot/cold therapy¹

Physiotherapy³

Weight loss⁵

Low-impact exercise^{1,3}

Surgery for osteoarthritis^{1,2,4,5}

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 2. Sokoloff, L. Joint disease. Encyclopedia Britannica. (2020) Available here: <https://www.britannica.com/science/joint-disease>
 3. NIH staff. Osteoporosis and Arthritis: Two Common but Different Conditions. (2018) Available here: <https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/osteoporosis-arthritis>
 4. NHS Staff: Overview: Arthritis. Available here: <https://www.nhs.uk/conditions/arthritis/>
 5. Mobasher, A. & Henrotin, Y. Biomarkers of (osteo)arthritis. Biomarkers. 20, 8. 513-8. (2015)
 6. Pujalte, G. & Albano-Aluquin, S. Differential Diagnosis of Polyarticular Arthritis. Am Fam Physician. 92, 1. 35-41. (2015)
 7. Okada, Y. et al. Genetics of rheumatoid arthritis: 2018 status. Ann Rheum Dis. 78. 446-453. (2019)

Suspect you have arthritis?

Contact your healthcare provider as soon as possible.

Find out more at www.knowpain.co.za

