

Fast Facts

Arthritis

<i>Type</i>	<i>Cause</i>	<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
Osteoarthritis	<ul style="list-style-type: none"> -Most common -Usually involves wear & tear damage to joint's cartilage -Also caused by an injury or infection to joint 	<ul style="list-style-type: none"> -Pain, stiffness, redness and decreased range of motion of affected joints 	<ul style="list-style-type: none"> -Main focus of treatment is to reduce the symptoms and improve overall quality of life 	<ul style="list-style-type: none"> -Prevent obesity or follow a safe weight loss program -Exercise (water sports = less joint stress) -Eat healthy (limit the amount of meat, fish and poultry--try low-fat dairy products) -Stay hydrated by drinking plenty of water (limit the number of sweetened beverages/alcohol)
Rheumatoid Arthritis	<ul style="list-style-type: none"> -Autoimmune disorder targeting lining of joint capsules (synovium) -Process eventually destroys both cartilage and bone 		<ul style="list-style-type: none"> -Analgesics -Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) -Counterirritants -Corticosteroids -Disease-Modifying Antirheumatic Drugs (DMARDs) -Biologic Response Modifiers 	
Gout	<ul style="list-style-type: none"> -Urate crystals accumulate in joint -Crystals form from high levels of uric acid in blood -Uric acid is needed to break down purines (substances found naturally in body and diet) 		<ul style="list-style-type: none"> -Symptoms the same but occur in a specific location (large joint of the big toe, or ankles, knees, elbows, wrists and fingers) -Occur as a flare-up with pain most severe within the first 4-12 hours 	

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