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## Introduction

There are more than 100 types of arthritis. There are two major types of arthritis- osteoarthritis and rheumatoid arthritis. I am going to talk about rheumatoid arthritis.

**Rheumatoid arthritis** is an autoimmune disease. That means the immune system attacks parts of the body. For reasons that aren't clear, the joints are the main areas affected by this malfunction in the immune system. It affects approximately 1.3 million Americans. Rheumatoid arthritis often begins between ages 30 and 50, but it can develop at any age.<sup>i</sup> The disorder runs in families, is more common among women, and may initially resemble some forms of infectious diseases, such as viral arthritis.<sup>ii</sup> This is an inflammatory type of arthritis that happens when the body's immune system does not work properly.

## Characteristics

1. **Autoimmune-** This term describes an immune-system attack that the body launches upon itself. For some unknown reason, the immune system becomes "confused" and begins to interpret molecular signals from normal body tissues as if they are coming from harmful infectious bacteria or viruses. In rheumatoid arthritis, the chief target of this attack is the synovial membrane, the lining of the joints that connect parts of the skeleton.<sup>iii</sup>
2. **Inflammatory-** When the white blood cells of the immune system attack the synovial membrane, they begin to release the same poisonous substances that kill bacteria and viruses during an infection. The result is a series of chemical changes that produce the same local symptoms that occur with an infection: the combination of heat, swelling, pain, and redness known as inflammation.<sup>iv</sup>
3. **Chronic-** Like osteoarthritis, rheumatoid arthritis is a chronic disease; the autoimmune attacks can continue indefinitely. But it is more crippling than osteoarthritis. As time goes on, continued inflammation causes the synovial membrane to thicken. An area of inflammatory cells (called a pannus) often starts to form at the point where the synovial membrane joins the cartilage. Continue release of enzymes and growth factors by the white blood cells, along with growth of the pannus, can erode cartilage, tendons, ligaments, and even bones within the joint capsule. As rheumatoid arthritis progresses, the ever-growing pannus can further limit joint motion. Inflammation of tissues surrounding the joint may eventually cause permanent joint damage and deformities.<sup>v</sup>
4. **Systemic-** Unfortunately, the effects of rheumatoid arthritis are not limited to the joints; they can have consequences throughout the entire body. As a result, people who have the disease are frequently fatigued, often lose their appetite, and tend to run a low fever and feel generally unwell, as if they have the flu. Without proper treatment, this serious systemic illness can lead to significant disability and premature death.<sup>vi</sup>

## Cause

Scientists are not really sure about the causes of rheumatoid arthritis, but they are investigating different hypothesis.

- ✚ **Genetic Factors**
- ✚ **Infectious agents**
- ✚ **Environmental factors**

## Symptoms

This form of arthritis attacks multiple joints and is usually symmetrical—it affects joints on both sides of the body, particularly the finger joints, base of the thumbs, wrists, elbows, knees, ankles, or feet. It nearly always involves the wrists and the middle and large knuckles, but seldom the joints nearest the fingertips.<sup>vii</sup>

Symptoms
Morning stiffness
Symmetrical joint pain
Fatigue
weakness
Low-grade fever
Loss of appetite and weight

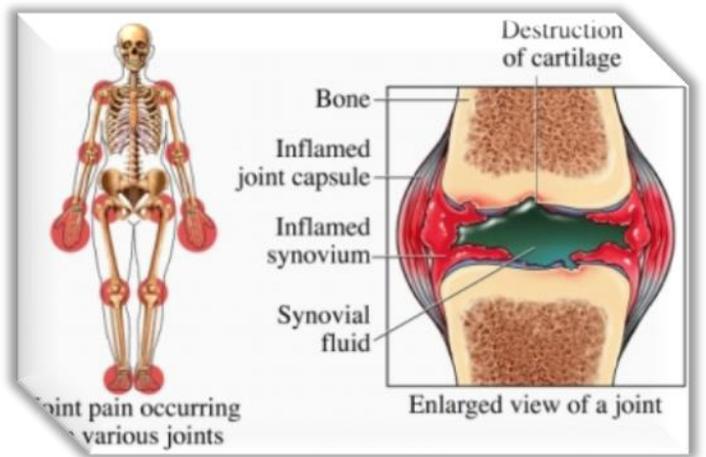
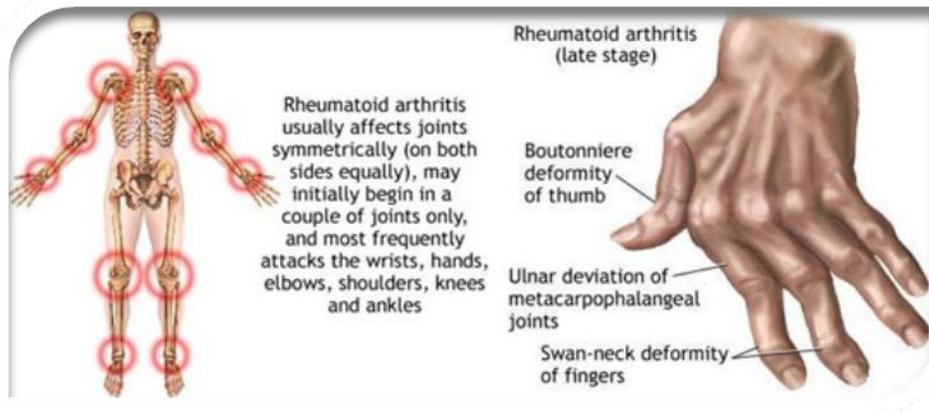
With rheumatoid arthritis, the joints tend to be involved in a symmetrical pattern. That is, if the knuckles on the left hand are inflamed, the knuckles on the right hand will also be inflamed. After a period of time, more of your joints may gradually become involved with pain and swelling and may feel warm to the touch. The joint swelling is persistent and interferes with activities.<sup>viii</sup>

## Remedies

## Cure

Poster

# RHEUMATOID ARTHRITIS



<sup>i</sup> <http://www.dr-sanjay.in/userfiles/image/Rheumatoid-arthritis.jpg>

<sup>ii</sup> [https://www.mountainside-medical.com/product\\_images/uploaded\\_images/Arthritis.jpg](https://www.mountainside-medical.com/product_images/uploaded_images/Arthritis.jpg)

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<sup>i</sup> <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=14&hid=8&sid=164ba893-2e5d-416a-a9a9-6331a7acbbeb%40sessionmgr12>

<sup>ii</sup> <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4>

<sup>iii</sup> <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4>

<sup>iv</sup> <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4>

<sup>v</sup> [ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4](http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4)

<sup>vi</sup> [ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4](http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4)

<sup>vii</sup> <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=6&hid=17&sid=29f00769-d2db-4539-b2da-b44e457b5154%40sessionmgr4>

<sup>viii</sup> <http://www.webmd.com/rheumatoid-arthritis/guide/most-common-arthritis-types?page=2>