

Picture: Osteoarthritis

# Arthritis

Involves Inflammation of one or more joints, and protective cartilage wears down.

There are over 100 forms of arthritis.

## Two Most Common Types of Arthritis:

**Osteoarthritis:**

**Rheumatoid Arthritis:**  
Inflammatory Arthritis:

52.5 Million Adults in the US have Osteoarthritis

### Symptoms:

**Pain:** Your joints may ache, or the pain may feel burning or sharp. For some people, the pain may come and go. Constant pain or pain while you sleep may be a sign that your arthritis is getting worse.

**Stiffness:** Your joints may feel stiff and creaky for a short time, until you get moving. You may also get stiff from sitting.

**Muscle weakness:** The muscles around the joint may get weaker.

**Swelling:** Osteoarthritis does not usually cause much swelling but may cause a little, especially in the knees.

**Deformed joints:** Joints can start to look like they are the wrong shape, especially as arthritis gets worse.

Who is affected mostly, but not exclusively seniors.

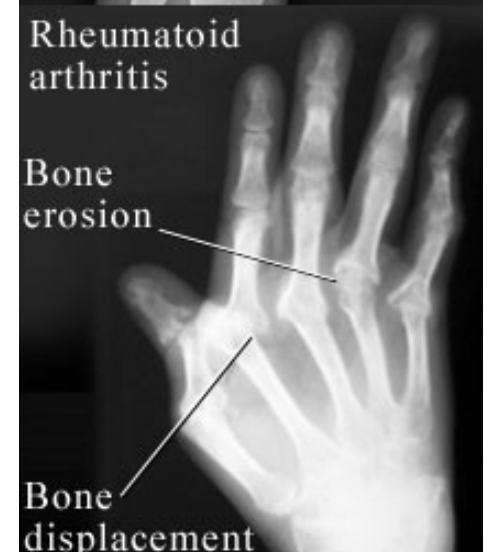
Normal hand



Rheumatoid arthritis

Bone erosion

Bone displacement



# Treatments

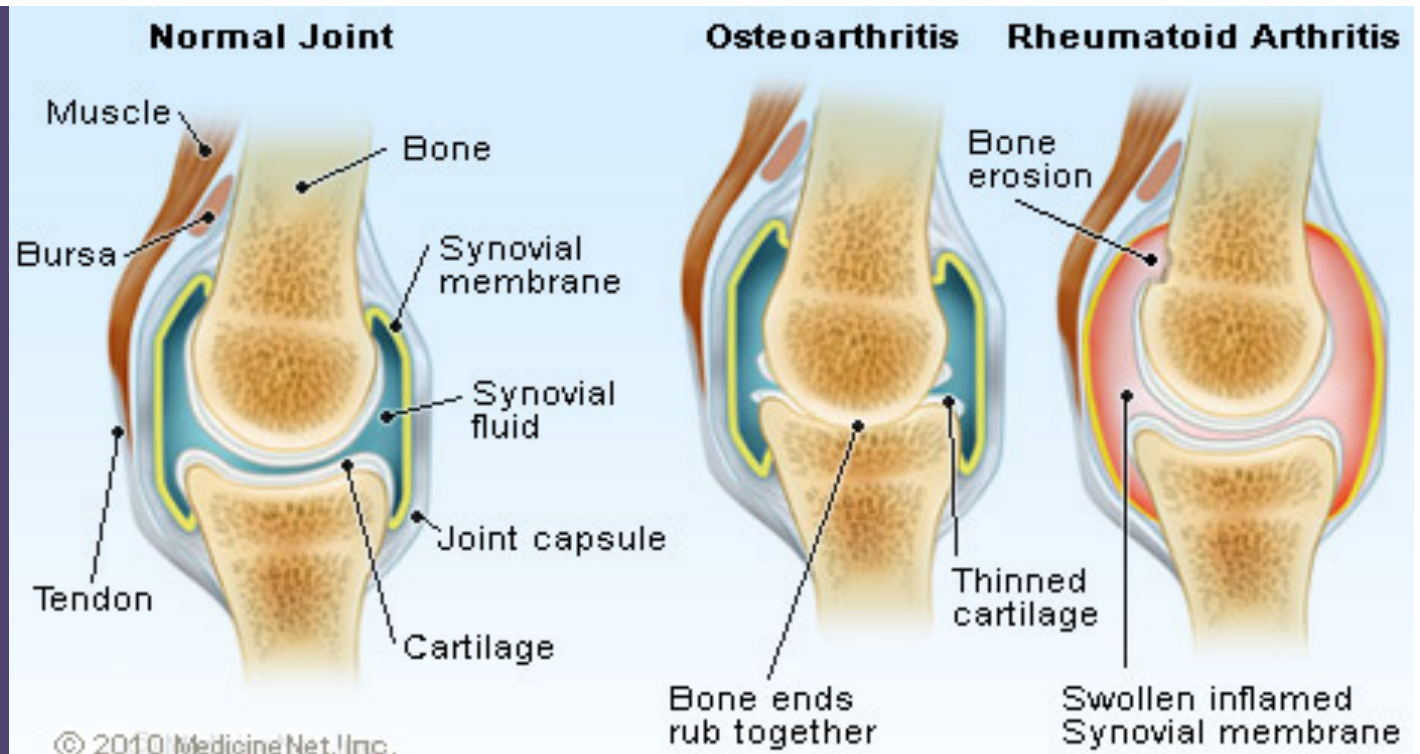
-Pain Relievers, or *nonsteroidal anti-inflammatory drugs (NSAIDS.)* Which interfere with chemicals called prostaglandins, with trigger inflammation.

-Disease-modifying anti-rheumatic drugs (DMARDs) can actually slow joint damage in people with arthritis from an overactive immune system such as rheumatoid arthritis and psoriatic arthritis

-Surgery:

-Arthroscopy: The surgeon makes a small incision to remove floating cartilage or debris or swollen tissue.

-Arthroplasty: Join



**Hotline (GB): 0808 800 4050**

## Current Research

The current treatment goal in RA is remission or lowering of disease activity. Remission is more likely to occur when appropriate treatment is initiated in the early stages of the disease

Pharmacologic treatment options for Rheumatoid Arthritis can be divided into the categories of symptom management and disease progression management, although there is no “cure.”

Many emerging biologic treatments are aimed at simplifying dosing, decreasing adverse events, and improving efficacy in the treatment of RA

Proinflammatory cytokines look the most promising as targets for new treatment. Cytokines are a broad category of small proteins that are important in cell signaling. They are released by cells and affect the behavior of other cells. Pro inflammatory cytokines are cytokines which promote systemic inflammation. There are currently Disease-modifying anti rheumatic drugs (DMARDs) in the trial and testing phase that have successfully neutralized these cytokines, their receptors, or their signaling.



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