



My message is - keep moving. If you do, you'll keep arthritis at bay. - Donna Mills

May is Arthritis Awareness Month

Arthritis

Arthritis is inflammation of one or more joints. A joint is the area where two bones meet. There are over 100 different types of arthritides.

The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age.

Causes:

Joint inflammation may result from:

- ✦ An autoimmune disease (the body's immune system mistakenly attacks healthy tissue).
- ✦ Broken bone.
- ✦ General "wear and tear" of joints.
- ✦ Infection, usually by bacteria or virus.

Symptoms:

Signs and symptoms may include:

- ✦ Pain.
- ✦ Redness.
- ✦ Joint pain.
- ✦ Joint swelling.
- ✦ Reduced ability to move the joint.
- ✦ Redness and warmth of the skin around the joint.
- ✦ Joint stiffness, especially in the morning.

When to Contact a Medical Professional:

Call your doctor if:

- ✦ Your joint pain persists beyond 3 days.
- ✦ You have severe unexplained joint pain.
- ✦ The affected joint is significantly swollen.
- ✦ You have a hard time moving the joint.
- ✦ Your skin around the joint is red or hot to the touch.
- ✦ You have fever or have lost weight unintentionally.

Lifestyle and home remedies:

-  **Weight loss.** If you are obese, losing weight will reduce the stress on your weight-bearing joints.
-  **Exercise.** Regular exercise can help keep your joints flexible.
-  **Heat and cold.** Heating pads or ice packs may help relieve arthritis pain.
-  **Assistive devices.** Using canes, walkers, raised toilet seats and other assistive devices can help protect your joints and improve your ability to perform daily tasks.

Prevention:

-  Early diagnosis and treatment can help prevent joint damage. If you have a family history of arthritis, tell your doctor, even if you do not have joint pain.
-  Avoiding excessive, repeated motions may help protect you against osteoarthritis.

Reference Links:

-  <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002223/>
-  <http://www.mayoclinic.org/diseases-conditions/arthritis/basics/lifestyle-home-remedies/con-20034095>
-  <en.wikipedia.org/wiki/Arthritis>
-  <http://www.webmd.com/arthritis>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.