Rheumatoid Arthritis

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What is rheumatoid arthritis?

Rheumatoid arthritis (RA) is a chronic autoimmune disease that causes inflammation and damage to joints, particularly the fingers, wrists, and ankles. The disease is characterized by swelling, pain, and stiffness in the joints. It typically affects hands, feet, wrists, and fingers, and can also cause inflammation in other parts of the body, such as the lungs and heart.

Symptoms of rheumatoid arthritis

The symptoms of rheumatoid arthritis can vary from person to person and may include:

- Morning stiffness that lasts for at least one hour
- Joint pain, swelling, and stiffness
- Fatigue or general weakness
- Fingers and toes that feel warm, red, and painful
- Skin, muscles, and tendons that feel warm, red, and painful

Rheumatoid arthritis is a long-term condition that can be managed with treatment, but it is not curable. People with rheumatoid arthritis may experience periods of remission and flare-ups, where the symptoms worsen.

How is rheumatoid arthritis diagnosed?

Diagnosis of rheumatoid arthritis involves a combination of medical history, physical examination, and laboratory tests.

- Blood tests: Blood tests can help identify inflammation in the body, which is a common symptom of rheumatoid arthritis.
- Imaging: X-rays or MRI scans can help detect joint damage caused by the disease.
- Autoantibodies: Blood tests can detect autoantibodies, which are antibodies that attack the body's own tissues.

Treatment for rheumatoid arthritis

Treatment for rheumatoid arthritis is aimed at managing symptoms and preventing joint damage. The treatment may include:

- NSAIDs: Nonsteroidal anti-inflammatory drugs can help reduce pain and swelling.
- Disease-modifying antirheumatic drugs (DMARDs): These medications can help slow the progression of the disease.
- Biologics: These medications target specific proteins in the body that contribute to joint inflammation.
- Corticosteroids: These medications can help reduce inflammation and swelling.

Prevention of rheumatoid arthritis

There is no way to prevent rheumatoid arthritis, but there are some lifestyle changes that may help reduce the risk of developing the disease:

- Maintaining a healthy weight
- Regular exercise
- A healthy diet
- Stress management

Rheumatoid arthritis is a serious condition that requires ongoing medical care and management. People with rheumatoid arthritis should work closely with their healthcare provider to develop a treatment plan that works for them.

References:


Further reading:

The image contains a document in the Punjabi language with some English text. The document appears to be an article or a report related to arthritis and healthcare. The text is not fully legible due to the resolution of the image, but it seems to be discussing strategies and tips for managing arthritis and its associated symptoms. The document encourages individuals affected by arthritis to consult their healthcare providers and emphasizes the importance of seeking professional advice. It also mentions the involvement of organizations such as Arthritis Australia and the Australian Rheumatology Association in providing support and resources.

The text is accompanied by several bullet points and references to other resources, including websites and contact information for further assistance. The document is produced with the support of AbbVie, a pharmaceutical company known for its work in the healthcare sector.