

# SUPRA HOME HEALTH, INC.

12251 Taft Street, Suite 402, Pembroke Pines, FL 33026

Ph: 954-443-6461 Fax: 954-443-6462

SupraHomeHealth@comcast.net

## ARTHRITIS

### WHAT IS ARTHRITIS?

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two bones meet. Arthritis literally means inflammation of one or more joints. Arthritis is frequently accompanied by joint pain. Arthritis is classified as one of the rheumatic diseases. These are conditions that are different individual illnesses, with differing features, treatments, complications, and prognosis. They are similar in that they have a tendency to affect the joints, muscles, ligaments, cartilage, and tendons, and many have the potential to affect internal body areas as well.

### WHAT CAUSES ARTHRITIS?

The causes of arthritis depend on the form of arthritis. Causes include the following:

- Injury (leading to degenerative arthritis),
- Abnormal metabolism (such as gout and pseudogout),
- Inheritance (such as in osteoarthritis),
- Infections (such as in the arthritis of Lyme disease), and
- An overactive immune system (such as rheumatoid arthritis and systemic lupus erythematosus).

Treatment programs, when possible, are often directed toward the precise cause of the arthritis.

More than 21 million Americans have osteoarthritis. Approximately 2.1 million Americans suffer from rheumatoid arthritis.



### HOW CAN I DETECT ARTHRITIS?

The first step in the diagnosis of arthritis is a meeting between the doctor and the patient. The doctor will review the history of symptoms, examine the joints for inflammation and deformity, as well as ask questions about or examine other parts of the body for inflammation or signs of diseases that can affect other body areas. Furthermore, certain blood, urine, joint fluid, and/or x-ray tests might be ordered. The diagnosis will be based on the pattern of symptoms, the distribution of the inflamed joints, and any blood test and x-ray findings. Several visits may be necessary before the doctor can be certain of the diagnosis.

# SUPRA HOME HEALTH, INC.

12251 Taft Street, Suite 402, Pembroke Pines, FL 33026

Ph: 954-443-6461 Fax: 954-443-6462

SupraHomeHealth@comcast.net



## WHAT ARE THE SYMPTOMS & SIGNS OF ARTHRITIS?

- **Pain and limited function of joints**
- **Inflammation of the joints**
- **Tenderness of the inflamed joint**
- **Loss of range of motion**
- **Deformity**

Certain forms of arthritis can also be associated with pain and inflammation of tendons surrounding joints. Some forms of arthritis are more of an annoyance than a serious medical problem. However, millions of people suffer daily with pain and disability from arthritis or its complications. Moreover, many of the forms of arthritis, because they are rheumatic diseases, can cause symptoms affecting various organs of the body that do not directly involve the joints.

## HOW IS ARTHRITIS TREATED?

The treatment of arthritis depends on which particular form of arthritis is present, its location, severity, persistence, and any underlying background medical conditions of the patient. Each treatment program must be customized for the individual patient.

Treatment programs can incorporate home remedies, nonprescription and prescription medications, joint injections, and surgical operations. Some treatment programs involve weight reduction and avoiding activities that exert excessive stress on the joint. The goal of treatment of arthritis is to reduce joint pain and inflammation while preventing damage and improving and maintaining joint function.

Not every person with arthritis requires medical attention. For example, some patients with osteoarthritis have minimal or no pain and may not need treatment. However, for those with persisting joint symptoms, the ideal steps to take should lead to a proper diagnosis and an optimal long-term treatment plan. This plan must be customized for each person affected, depending on the joints involved and the severity of symptoms.