

# UNDERSTANDING ARTHRITIS

## Osteoarthritis (OA)

- Most common type of arthritis.
- Primarily affects cartilage, the tissue that cushions the ends of bones within the joints.
- May initially affect joints asymmetrically.
- Affects mostly mid-weight-bearing joints.
- Can cause pain, pain and stiffness.
- Usually develops slowly over many years.

○ = joints most commonly affected by OA



## Rheumatoid Arthritis (RA)

- Causes redness, warmth, and swelling of joints.
- Usually affects the same joints on both sides of the body.
- Often causes a general feeling of sickness, fatigue, weight loss, and fever.
- May develop nodules, white nodules or growths.
- Most often begins between ages 30 and 50.

○ = joints most commonly affected by RA

## Other Arthritic Diseases

There are many other types of arthritis, such as ankylosing spondylitis, psoriasis arthritis, and gout.

### Gonorrhea (Gonorrhea)

- Sexually transmitted bacteria spread throughout the body that trigger and cause the disease.
- Often affects, and involving nearby joints, such as the knees and ankles, particularly those of the upper limbs and wrists.
- Often causes the joints to become red and swollen.

### Gout

- Affects joints, especially of the hands and feet, and is caused by uric acid.
- Often causes redness, swelling, and pain in the affected joints.
- Often affects the big toe.

### Psoriatic Arthritis

- Often affects joints, especially of the hands and feet.
- Often causes redness, swelling, and stiffness of the joints.
- May be associated with skin conditions and nail changes.

### Spondyloarthritis

- Often affects joints, especially of the hands and feet.
- Often causes redness, swelling, and stiffness of the joints.
- May be associated with skin conditions and nail changes.

### Rheitis

- Often affects joints, especially of the hands and feet.
- Often causes redness, swelling, and stiffness of the joints.
- May be associated with skin conditions and nail changes.

### Spondyloarthritis

- Often affects joints, especially of the hands and feet.
- Often causes redness, swelling, and stiffness of the joints.
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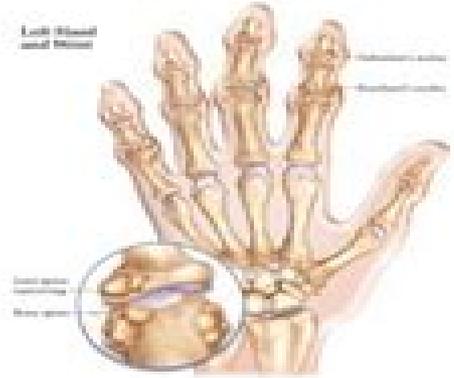
## Common Symptoms of Arthritis

- Swelling in one or more joints.
- Pain or stiffness in one or more joints, especially in the morning or after a period of inactivity.
- Redness and warmth in one or more joints.
- Difficulty moving one or more joints.
- Fatigue and weakness.
- A low-grade fever.
- Weight loss.

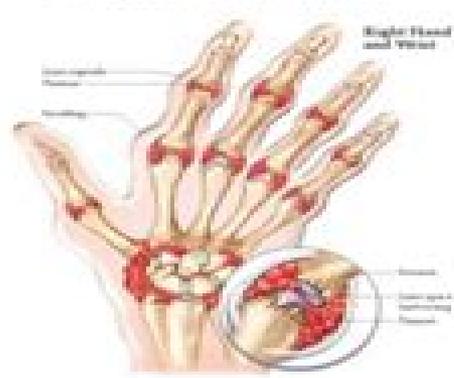


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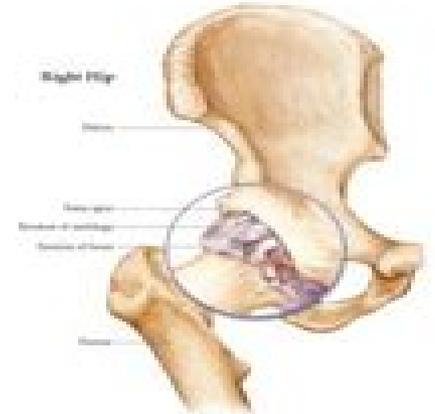
## Joints Affected by Osteoarthritis (OA)



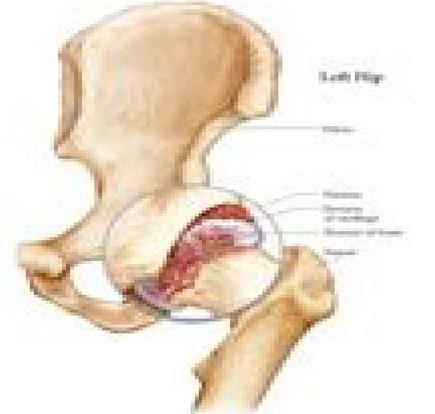
## Joints Affected by Rheumatoid Arthritis (RA)



## Right Hip



## Left Hip



## Right Knee



## Left Knee



# Understanding Arthritis

**RM Cervero**



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