

# 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 psoriasis arthritis, ankylosing spondylitis, and gout.

### Gonorrhea (Gonorrhea)

- Sexually transmitted bacteria spread throughout the body that trigger joint and tissue inflammation.
- Often affects, and sometimes totally destroys, joints in the hands and feet, sometimes causing chronic arthritis that can be permanent.

### Gout

Arthritis from deposits of uric acid crystals in joints and in the skin.

### Psoriatic Arthritis

Arthritis associated with psoriasis, a skin condition. Causes joint, tendon, swelling, and chronic inflammation of the joints. May be associated with nail changes and skin rashes.

### Spondyloarthritis

Also known as spondyloarthritis.

### Rheitis

Arthritis of a joint, usually associated with streptococcal infection of the throat.

### Spondylitis

Inflammation of the vertebrae, a kind of arthritis that affects the spine.

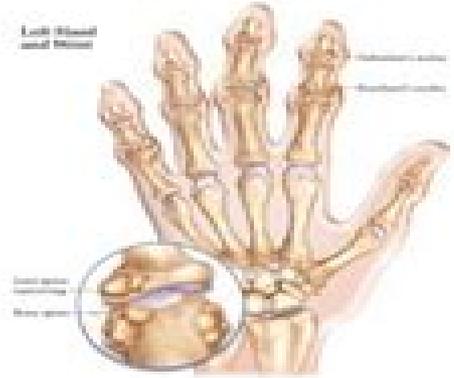
## Common Symptoms of Arthritis

- Swelling in joints or around joints.
- Pain or stiffness in joints, especially in the morning or after inactivity.
- Difficulty moving joints, or inability to move.
- Redness and warmth in joints.
- A hot, swollen joint.

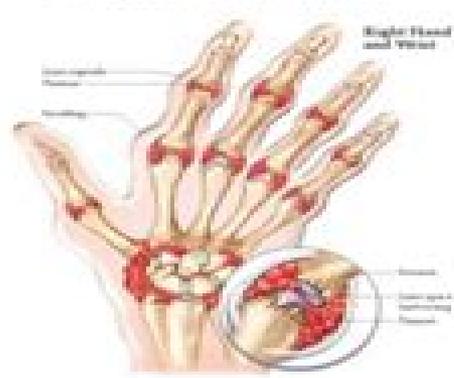


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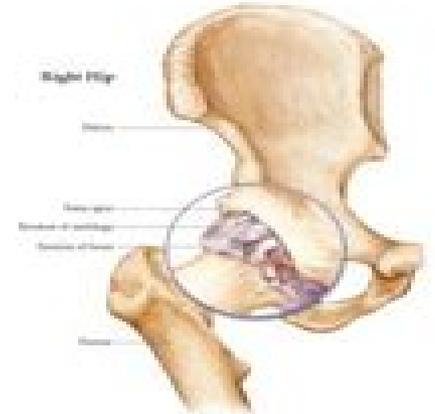
## Joints Affected by Osteoarthritis (OA)



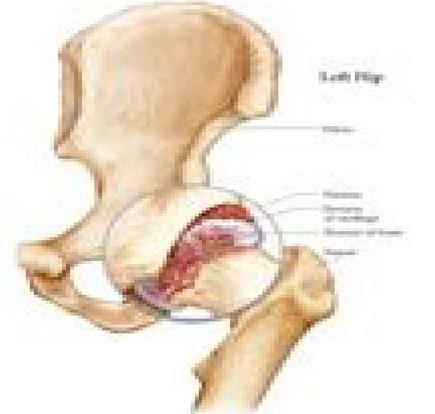
## Joints Affected by Rheumatoid Arthritis (RA)



## Right Hip



## Left Hip



## Right Knee



## Left Knee



# Understanding Arthritis

**Léo Pomar**



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