

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 joint pain and stiffness.
- Usually develops slowly over many years.

○ = joints most commonly affected



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

Other Arthritic Diseases

They include the most common types of all rheumatic diseases. They are the most common types of arthritis.

Gouty Arthritis

- Caused by uric acid deposits in the joints that trigger an intense inflammatory response.
- Often affects the big toe, but can occur in other joints.
- Attacks are usually very painful and come and go.

Psoriasis

- Affects joints, especially in the hands and feet.
- Often associated with skin conditions, including psoriasis on the affected joints.

Psoriatic Arthritis

- Affects joints, especially in the hands and feet.
- Often associated with skin conditions, including psoriasis on the affected joints.

Spondyloarthritis

- Affects joints, especially in the hands and feet.
- Often associated with skin conditions, including psoriasis on the affected joints.

Rheumatoid

- Affects joints, especially in the hands and feet.
- Often associated with skin conditions, including psoriasis on the affected joints.

Dyshidrotic

- Affects joints, especially in the hands and feet.
- Often associated with skin conditions, including psoriasis on the affected joints.

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.

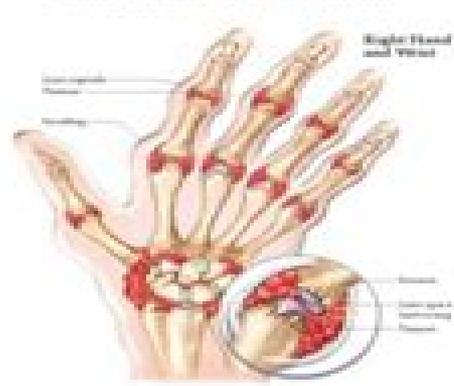


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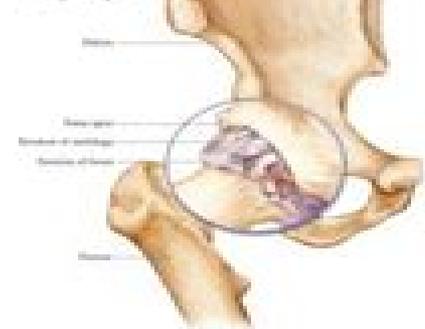
Joints Affected by Osteoarthritis (OA)



Joints Affected by Rheumatoid Arthritis (RA)



Right Hip



Left Hip



Right Knee



Left Knee



Understanding Arthritis

Jin-Ying Zhang



Understanding Arthritis:

Reviewing **Understanding Arthritis**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Understanding Arthritis**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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