



## What is it?

### Points To Remember About Arthritis

- "Arthritis" means joint inflammation. Although joint inflammation is a symptom or sign rather than a specific diagnosis, the term arthritis is often used to refer to any disorder that affects the joints.
- There are many types of arthritis, including ankylosing spondylitis, gout, juvenile arthritis, osteoarthritis, psoriatic arthritis, reactive arthritis, and rheumatoid arthritis.
- Medications and surgery can treat arthritis.
- Activities that can help reduce symptoms at home include exercise; hot and cold therapies; relaxation therapies; splints and braces; and assistive devices.

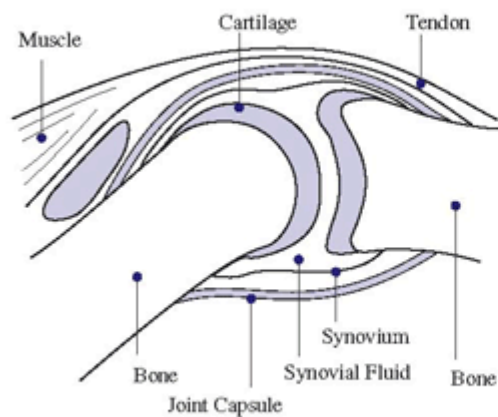
### What is arthritis?

"Arthritis" literally means joint inflammation. Although joint inflammation is a symptom or sign rather than a specific diagnosis, the term arthritis is often used to refer to any disorder that affects the joints. Joints are places where two bones meet, such as your elbow or knee.

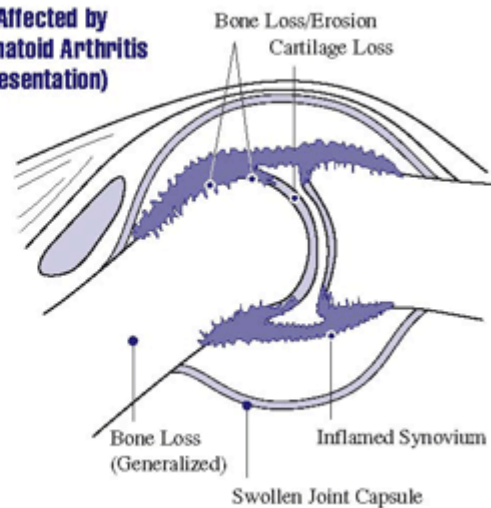
There are different types of arthritis. In some diseases in which arthritis occurs, other organs, such as your eyes, heart, or skin, can also be affected.

Fortunately, current treatments allow most people with arthritis to lead active and productive lives.

**Normal Joint (Representation)**



**Joint Affected by Rheumatoid Arthritis (Representation)**



## What are the types?

## What are the types of arthritis?

There are several types of arthritis. Common ones include:

- **Ankylosing Spondylitis** is arthritis that affects the spine. It often involves redness, heat, swelling, and pain in the spine or in the joint where the bottom of the spine joins the pelvic bone.
- **Gout** is caused by crystals that build up in the joints. It usually affects the big toe, but many other joints may be affected.
- **Juvenile Arthritis** is the term used to describe arthritis in children. Arthritis is caused by inflammation of the joints.
- **Osteoarthritis** usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteoarthritis follows a joint injury. For example, you might have badly injured your knee when young and develop arthritis in your knee joint years later.
- **Psoriatic Arthritis** can occur in people who have psoriasis (scaly red and

white skin patches). It affects the skin, joints, and areas where tissues attach to bone.

- **Reactive Arthritis** is pain or swelling in a joint that is caused by an infection in your body. You may also have red, swollen eyes and a swollen urinary tract.
- **Rheumatoid arthritis** happens when the body's own defense system doesn't work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

Arthritis is seen with other conditions. These include:

- **Lupus** happens when the body's defense system harms the joints, heart, skin, kidneys, and other organs.
- **Infection** that gets into a joint and destroys the cushion between the bones.

## What are the symptoms?

## What are the symptoms of arthritis?

Symptoms of arthritis can include:

- Pain, redness, heat, and swelling in your joints.
- Trouble moving around.
- Fever.
- Weight loss.
- Breathing problems.
- Rash or itch.

These symptoms may also be signs of other illnesses.

## What causes it?

## What causes arthritis?

There are probably many genes that make people more likely to have arthritis. Research has found some of these genes.

If you have the gene linked with arthritis, something in your environment—such as a virus or injury—may trigger the condition.

## **Is there a test?**

## **Is there a test for arthritis?**

To diagnosis you with arthritis or another rheumatic disease, your doctor may:

- Ask you about your medical history.
- Give you a physical exam.
- Take samples for a laboratory test.
- Take x-rays.

## **How is it treated?**

## **How is arthritis treated?**

There are many treatments that can help relieve pain and help you live with arthritis. You should talk to your doctor about the best treatments for you, which can include:

- **Medications** to relieve pain, slow the condition, and prevent further damage.
- **Surgery** to repair joint damage or relieve pain.

## **Who treats it?**

## Who treats arthritis?

Doctors who diagnose and treat arthritis and other rheumatic disease include:

- A general practitioner, such as your family doctor.
- A rheumatologist, who treats arthritis and other diseases of the bones, joints, and muscles.

## Living With It

### Living with arthritis

There are many things you can do to help you live with arthritis and other rheumatic diseases, including:

- Take your medications when and how you're supposed to.
- Exercise to reduce joint pain and stiffness. It also helps with losing weight, which reduces stress on the joints. You should speak to your doctor about a safe, well-rounded exercise program.
- Use heat and cold therapies to reduce joint pain and swelling.
- Try relaxation therapy to help reduce pain by learning ways to relax your muscles.
- Use splints and braces to support weakened joints or allow them to rest. You should see your doctor to make sure your splint or brace fits well.
- Use assistive devices, such as a cane or shoe insert, to ease pain when walking. Other devices can help you open a jar, close zippers, or hold pencils.

## For More Info

### For more info

**U.S. Food and Drug Administration**

Toll free: 888-INFO-FDA ([888-463-6332](tel:888-463-6332))

Website: <https://www.fda.gov>

Drugs@FDA at <https://www.accessdata.fda.gov/scripts/cder/daf>. Drugs@FDA is a searchable catalog of FDA-approved drug products.

## **Centers for Disease Control and Prevention, National Center for Health Statistics**

Website: <https://www.cdc.gov/nchs>

## **American Academy of Orthopaedic Surgeons**

Website: <https://www.aaos.org>

## **American College of Rheumatology**

Website: <https://www.rheumatology.org>

## **Arthritis Foundation**

Website: <https://www.arthritis.org>

## **American Physical Therapy Association**

Website: <https://www.apta.org>

If you need more information about available resources in your language or other languages, please visit our webpages below or contact the NIAMS Information Clearinghouse at [NIAMSInfo@mail.nih.gov](mailto:NIAMSInfo@mail.nih.gov).

- [Asian Language Health Information](#)
- [Spanish Language Health Information](#)

## **Join a Clinical Trial**

[Find a Clinical Trial](#)

## **Related Information**

[Cómo vivir con artritis: Información básica de salud para usted y su familia](#)

[Rheumatoid Arthritis: Handout on Health](#)

[Arthritis and Rheumatic Diseases](#)

[Osteoarthritis: Handout on Health](#)

[Questions and Answers about Reactive Arthritis](#)

[What Is Reactive Arthritis? \(fast facts: easy-to-read\)](#)

[¿Qué es la artritis reactiva?](#)

[Psoriatic Arthritis Overview](#)

[Questions and Answers about Juvenile Arthritis](#)

[What Is Juvenile Arthritis? \(fast facts, easy-to-read\)](#)

[Esenciales: ¿Qué es la artritis juvenil?](#)

[Questions and Answers about Ankylosing Spondylitis](#)

[What Is Ankylosing Spondylitis \(fast facts, easy-to-read\)](#)

[¿Qué es la espondilitis anquilosante?](#)

[Osteoporosis and Arthritis: Two Common but Different Conditions](#)

[Osteoporosis and Arthritis and How are They different \(Sp\)](#)

[Healthy Joints Matter](#)

## **View/Download/Order Publications**

[Arthritis, Living With: Health Information Basics for You and Your Family](#)

[Osteoporosis and Arthritis: How Are They Different? Easy-to-Read Fast Facts](#)