

# Arthralgia/Arthritis

## What is it?

- **Arthralgia** – is joint pain (joints are an area of the body where 2 different bones meet)
- **Arthritis**- is frequently accompanied by joint pain, and is the inflammation of one or more joints



## Signs and Symptoms:

- **Symptoms of Arthritis**- pain, limited function of the joints, inflammation of the joints, joint stiffness, redness, swelling, warmth, tenderness of the inflamed joint
- **Can Affect Various Organs of the Body**- fever, weight loss, feeling unwell, fatigue, abnormalities of the lungs, heart, or kidneys

## Facts:

- **Arthritis**-more than 100 types and growing
- **Examples of Arthritis**- Osteoarthritis, Rheumatoid Arthritis/RA, Gout, Systemic Lupus Erythematosus
- **Who is Affected?**- men, women, children and adults, 35 million people worldwide, 40 million in the US, a quarter million children
  - **Osteoarthritis**- more than 27 million people
  - **RA**- more than 1.3 million
  - **Women**- make up 60%
  - **Under age 65**- more than half



## What can I do?

- **See your Health Care Provider**- blood, urine, joint fluid, X-ray tests
- **Treatments**- Physical Therapy, splinting, cold pack application, paraffin wax dips, immune-altering medications, anti-inflammation medications, and surgical operations
- **See a Registered Dietitian**- for help as needed, eat healthier with less fried foods and more fresh fruits and vegetables, whole grains, less sweets, meats that are broiled, boiled, baked, roasted, stewed, grilled or stir-fried instead of fried