



What is Arthritis?

Arthritis is when you have an inflammation (pain, stiffness or swelling) in and around your joints.

What are the symptoms of Arthritis?

Some of the symptoms of Arthritis are pain, swelling, stiffness or tenderness around your joints, tiredness, fever and rash.

What are the causes of Arthritis?

The exact cause is unknown, but there are several risk factors such as:

- Age - the risk of developing Arthritis increases as you get older.
- Gender - certain types of Arthritis are more frequent in women than men.
- Obesity - being overweight puts extra stress on weight bearing joints.
- Work factors - jobs requiring repetitive movements or heavy lifting can cause stress in the joints.

How can Arthritis be diagnosed?

Your provider will ask you for your medical history and do a complete physical exam. They may also order x-rays, CT or MRI scan.

What are the treatment options?

Some treatments for Arthritis are:

- Maintain a healthy weight
- Exercise
- Hot or cold packs to the area affected
- Braces
- Electrical nerve stimulation
- Medications
- Injections
- Surgery