

# Arthritis

## 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?

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