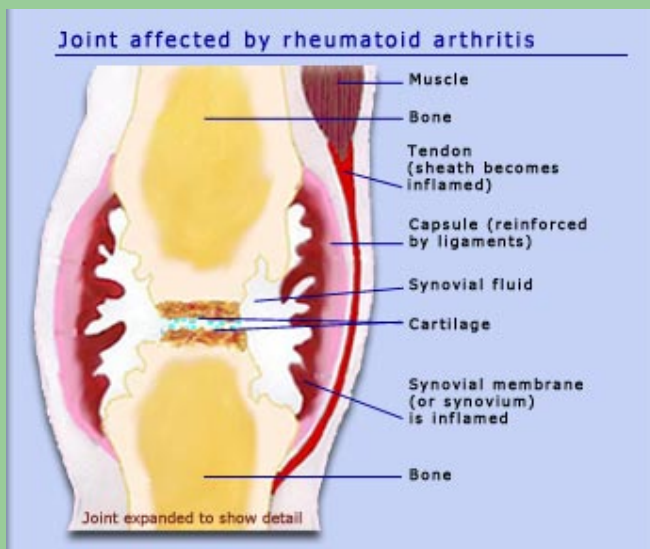
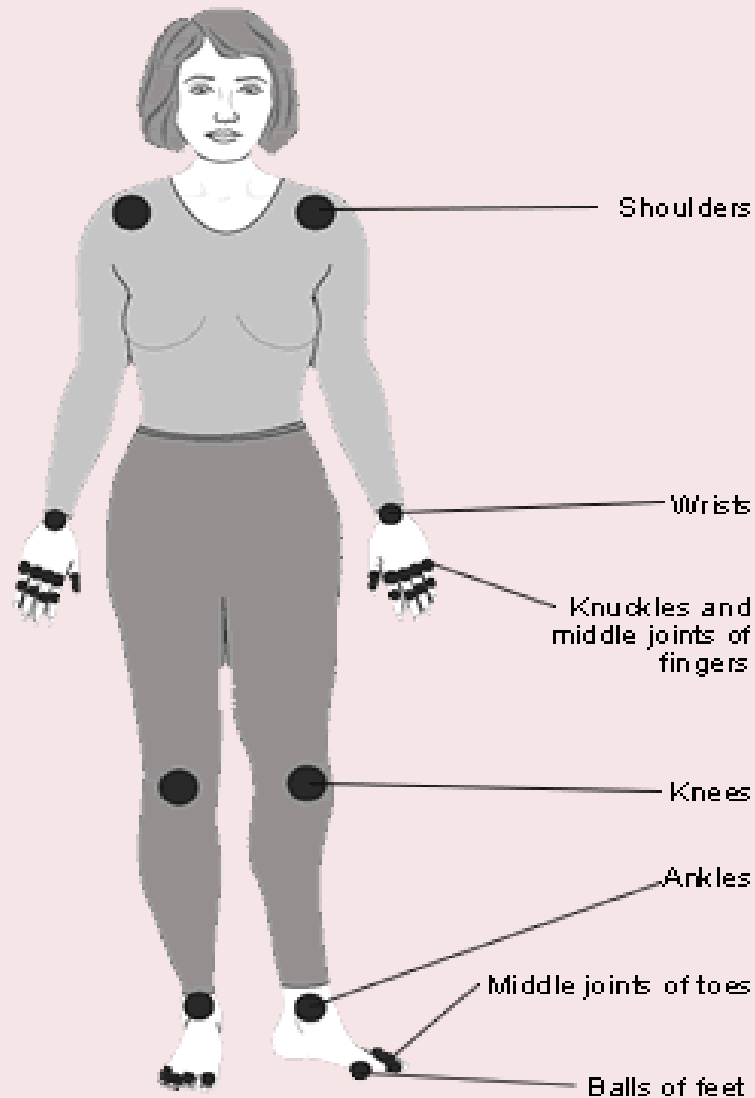


# Introduction to Rheumatoid Arthritis



# What is Rheumatoid Arthritis?

- It is a **CHRONIC, INFLAMMATORY** disease
- It causes **PAIN, SWELLING** and **STIFFNESS** in the **JOINTS**
- It varies from **PERSON** to **PERSON**
- It can lead to serious **JOINT DAMAGE** and **DISABILITY**



This diagram shows which joints Rheumatoid Arthritis typically affects

Figure 4. Joint frequently affected by rheumatoid arthritis. Less commonly affected are elbows, hips and the neck.

# A Normal Joint

- A NORMAL JOINT is where TWO BONES meet
- CARTILAGE cushions the ends of the bones
- It is protected by a JOINT CAPSULE
- The capsule is lined with SYNOVIUM
- This makes SYNOVIAL FLUID which LUBRICATES and NOURISHES the joint

## Normal joint

---



# Rheumatoid Arthritis

- In Rheumatoid Arthritis, for unknown reasons, the IMMUNE SYSTEM attacks the joint
- Cells go to the SYNOVIUM (Joint Lining) and cause INFLAMMATION
- This is called SYNOVITIS
- This results in PAIN, WARMTH and SWELLING

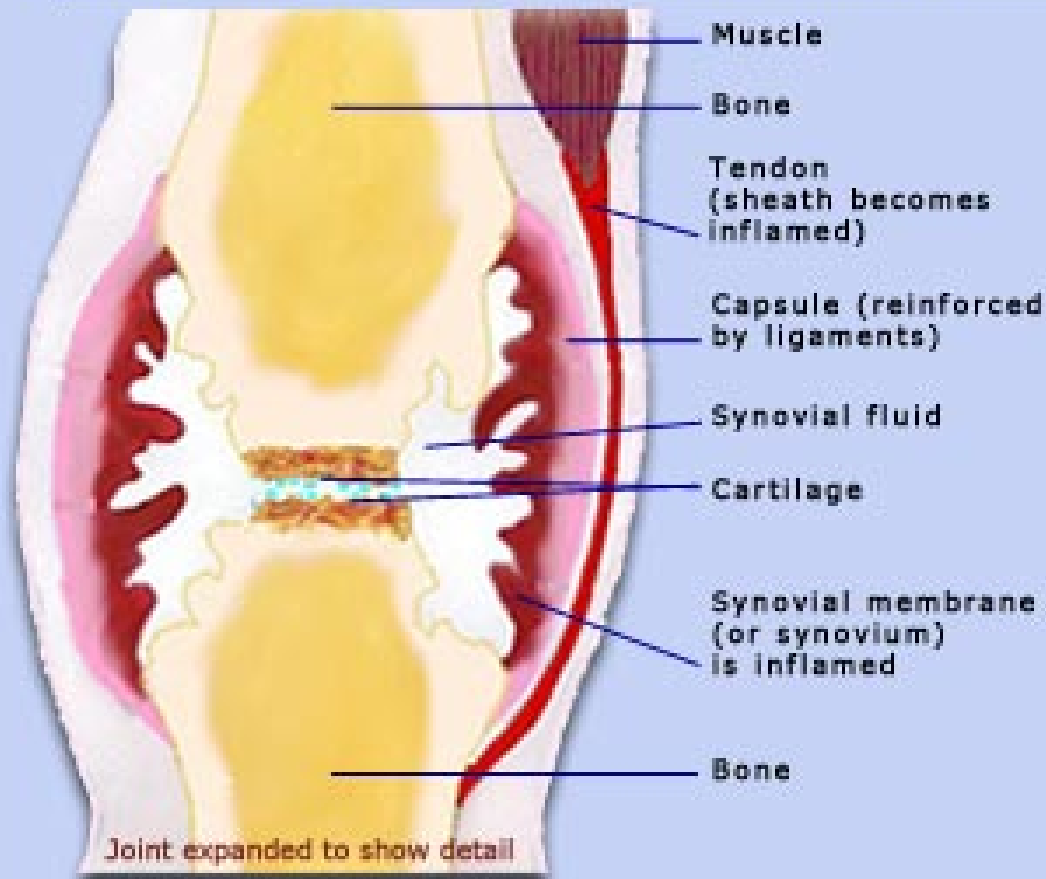
# Symptoms of Rheumatoid Arthritis

People may have 1 or more of the following:

- Painful, warm, swollen joints
- Stiffness in morning
- Fatigue, tiredness
- Fever
- Dry eyes and dry mouth
- Symptoms in other parts of the body

# A Picture of “Synovitis” in the Joint

Joint affected by rheumatoid arthritis

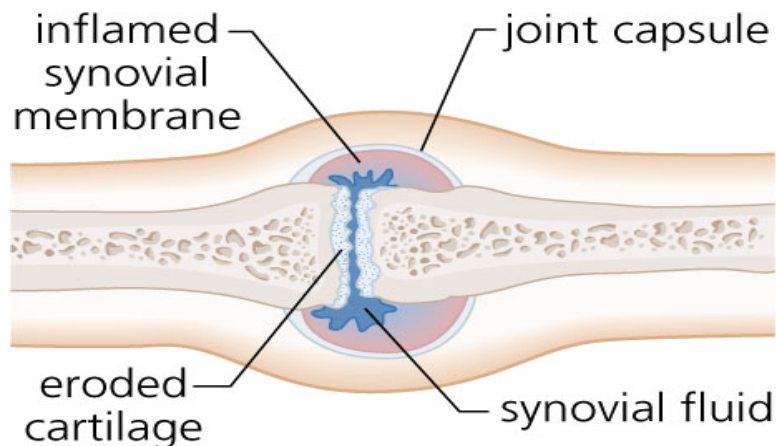
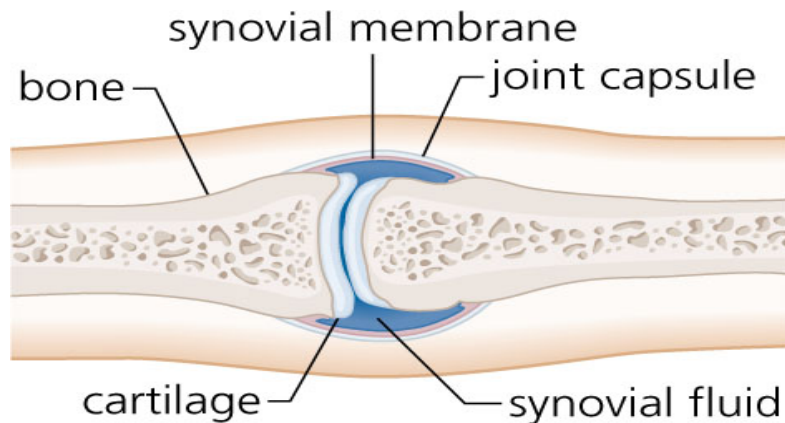




# Rheumatoid Arthritis Causes Damage of the Joint and Bone near the Joint

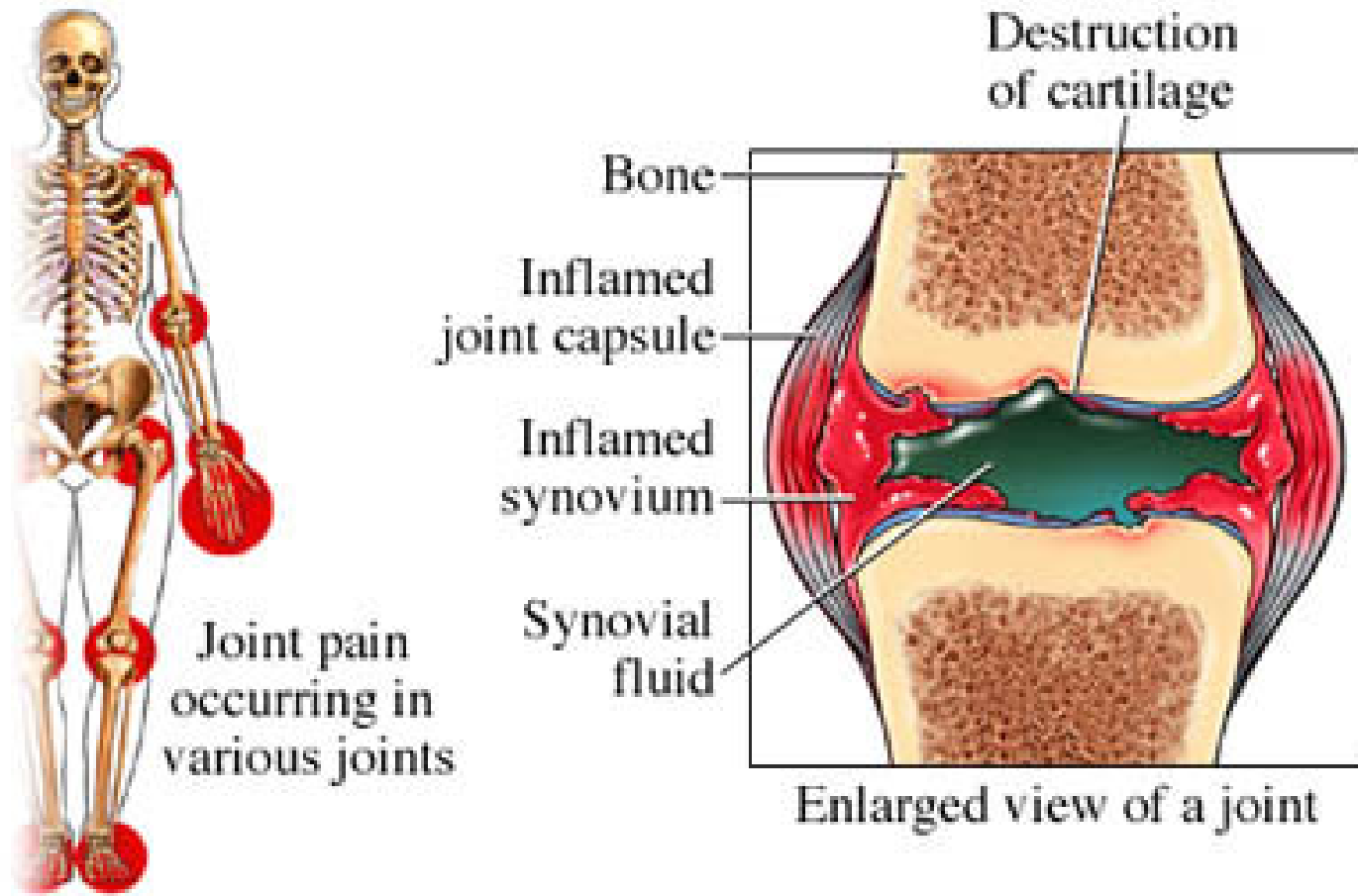


# What Happens in Inflammatory Arthritis such as Rheumatoid Arthritis?



- Inflammatory cells **INVADE** the joint
- They release molecules that cause **CARTILAGE** and **BONE DESTRUCTION**
- The surrounding **MUSCLES**, **LIGAMENTS** and **CAPSULE** become **WEAK**
- This leads to **DAMAGE** and **DEFORMITIES**

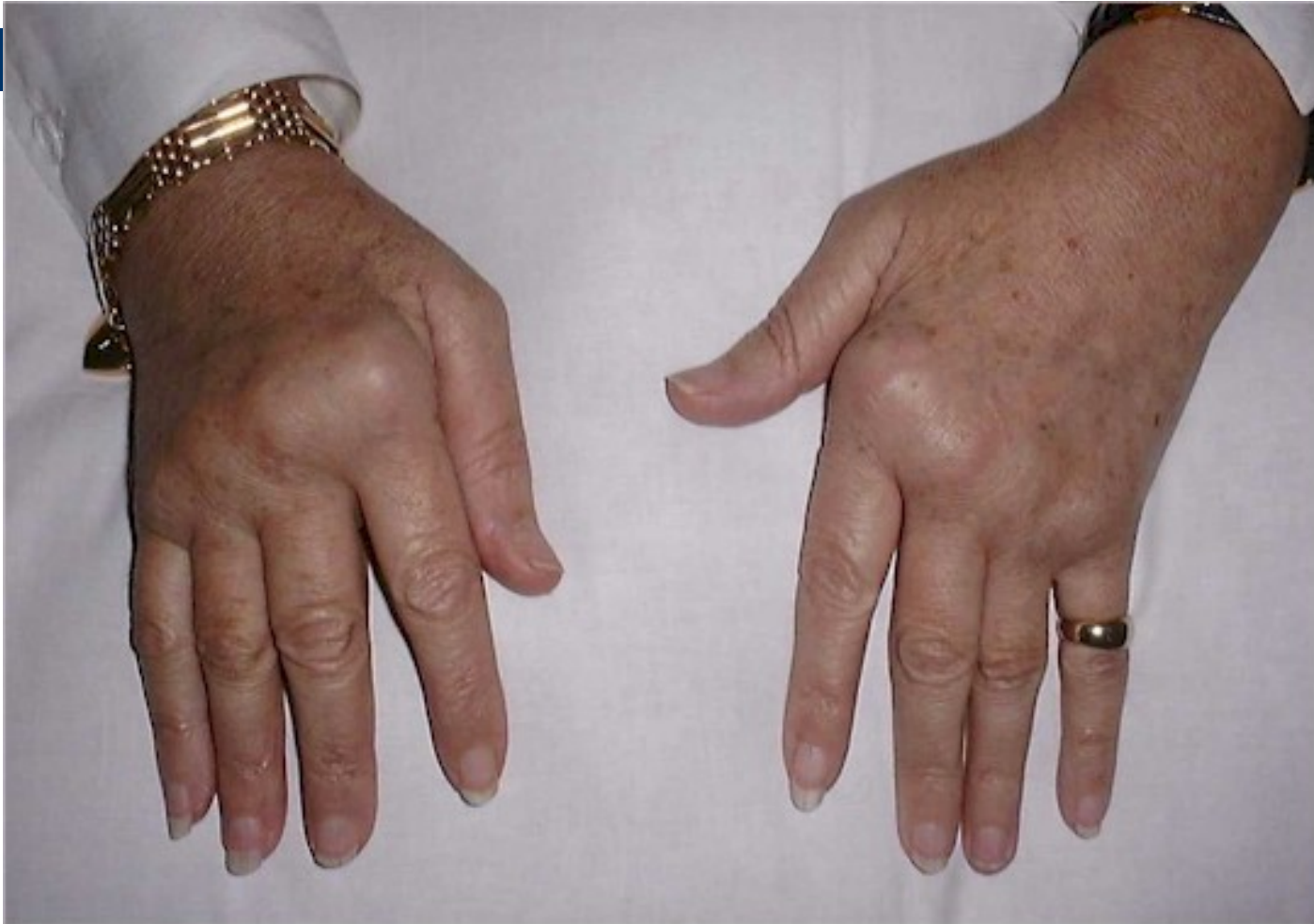
# A Diagram of Where Inflammation Occurs in Rheumatoid Arthritis



## Untreated Rheumatoid Arthritis Can Result in Significant Foot Deformities



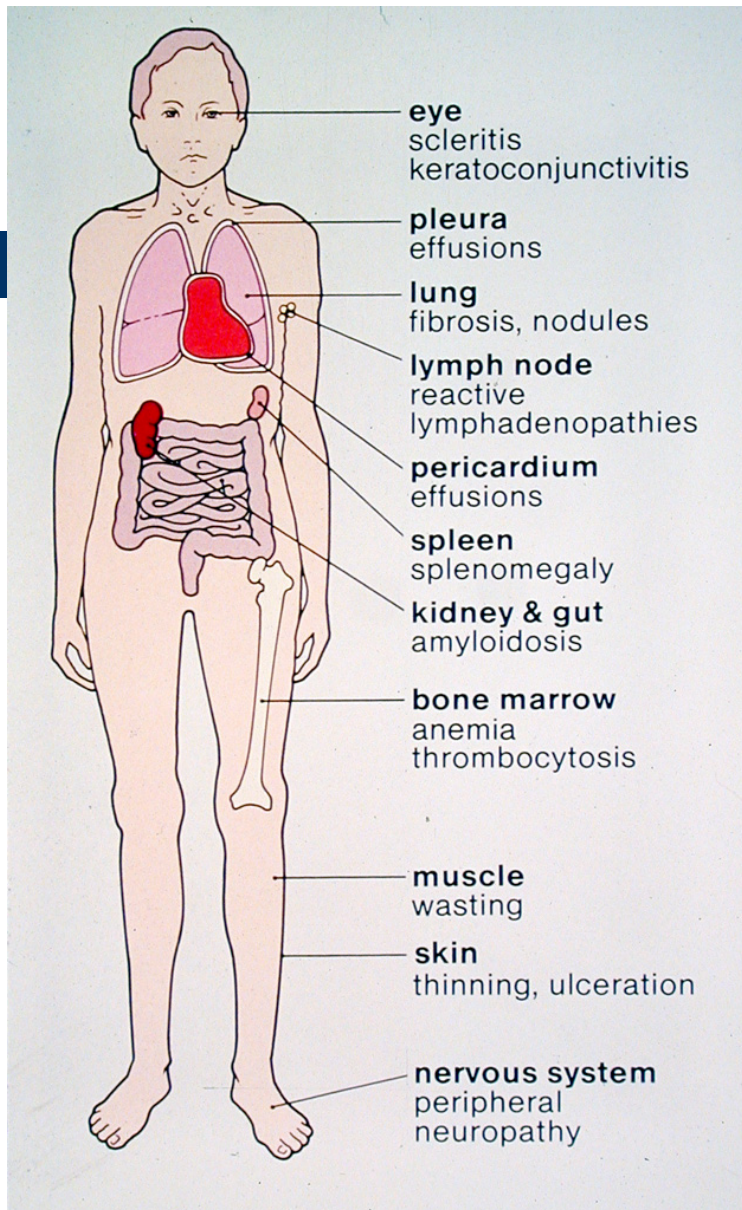
# An Example of Advanced Rheumatoid Arthritis – Many Treatments are Now Available For this Condition



# How quickly does damage occur?

- Damage to the bones occurs in the **FIRST TWO YEARS** of the disease
- **EARLY DIAGNOSIS** and **EARLY TREATMENT** is very important
- This can result in **PREVENTION** of **DAMAGE** and **DEFORMITIES**





Occasionally  
Rheumatoid Arthritis  
Can Also Affect  
Different Parts of the  
Body

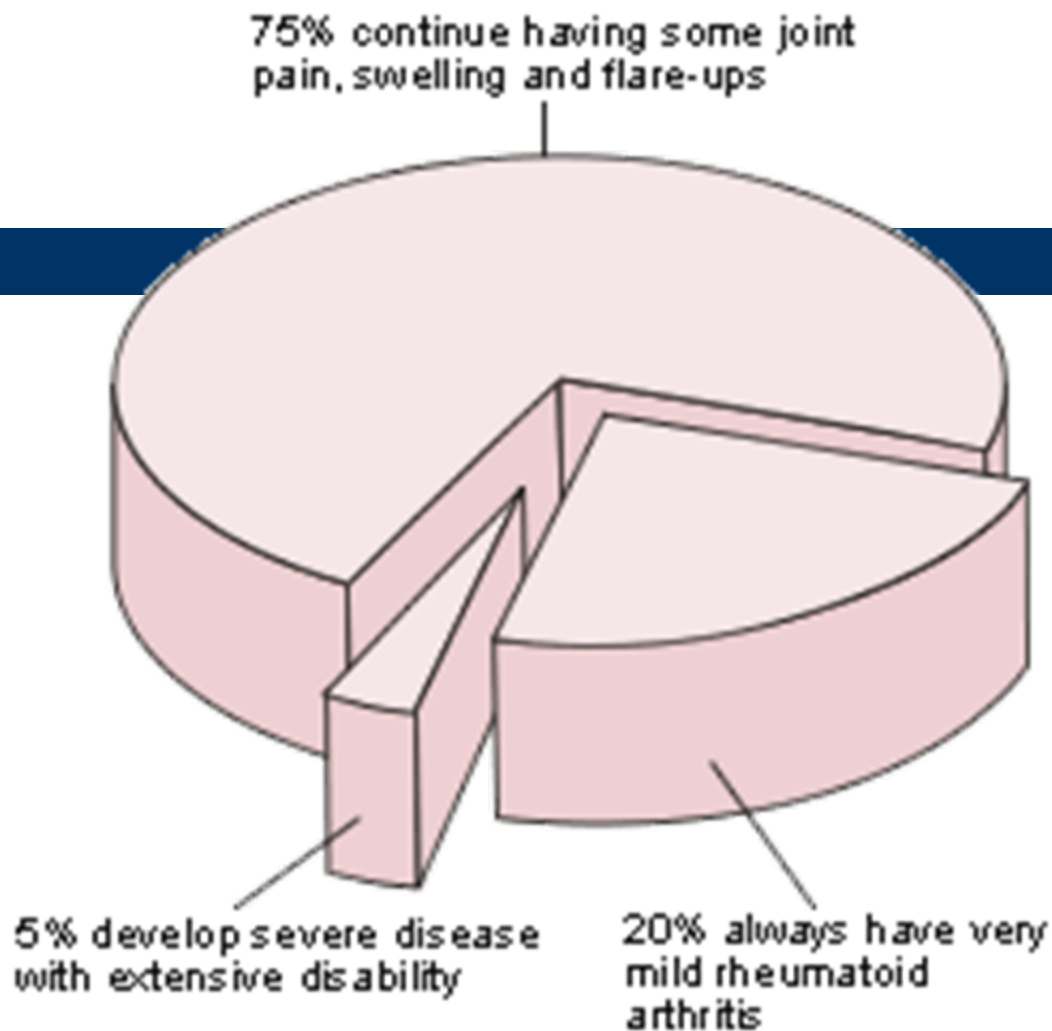
# Goals of Treatment

- Relieve PAIN and STIFFNESS
- Decrease INFLAMMATION
- PREVENT joint DAMAGE
- Improve FUNCTION



# Current Treatment Approaches

- **MEDICATION is Key To Relieving Signs and Symptoms and Halting Joint Damage**
- Lifestyle modification and EXERCISE are also important
- Routine MONITORING from your Rheumatologist must be continued
- In Patients who have come to treatment years after their symptoms started may experience damage and need surgery such as a joint replacement



- New Advances in Treatment are Changing the Future of Patients with Rheumatoid Arthritis

Figure 3. How people with rheumatoid arthritis are likely to be affected