

Do I have Arthritis?

Have you recently begun experiencing aches and pains in your joints? If so, you may be wondering about the possibility of arthritis. Of course, not all **joint pain** signifies arthritis; there are other possible causes as well. Furthermore, there are many different types of arthritis (over 100 in fact), and the severity of each varies dramatically. Below is a list of common symptoms resulting from arthritis; if you are going through any of these, have a conversation with your doctor as soon as possible.



Joint Pain, Ranging from Modest to Severe

Joint stiffness.

Joint Inflammation

Tender joints.

Stiffness in Fingers, Wrists, Legs, and Arms

The most common forms of arthritis include osteoarthritis, rheumatoid arthritis, gout, and juvenile arthritis. Much more information regarding each is below:

Many tissues in the body break down as a function of use and are rebuilt as a function of normal health. Osteoarthritis (OA) is the condition that results when the cartilage cushioning the bones in the shared as they rub together (as within motion) deteriorates and becomes chipped and damaged. The body may also try to compensate for the loss of cartilage breadth by growing bone spurs (osteophytes). These rearrangements in the joint anatomy cause the inflammation so common in OA, as well as the inflammation, combined with the bones grinding together (if the disease is that severe) are the sources of the mild in order to severe pain experienced. Osteoarthritis is the most common form of arthritis when most people say "arthritis" they are referring to osteoarthritis.

- Rheumatoid arthritis is a chronic condition that causes the immune system to attack the joints.
- Unlike most cases of osteoarthritis, rheumatoid arthritis is often a debilitating condition as the pain can become quite severe.
- In addition to causing joint pain, it can also lead to severe swelling.



Joint Pain Gout Uric Uric Acid

Gout refers to a condition in which **uric acid** accumulates in the blood stream, causing crystals to form in joints. These kinds of buildups result in severe pain and can impact many different joints throughout the body, even though it mostly affects toes. There are a number of drugs which can be used to manage gout and minimize buildups.

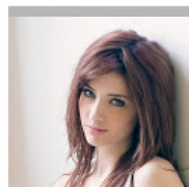
Juvenile Arthritis Impacts Hundreds of Thousands of Americans Every Year

Typically, juvenile osteoarthritis describes rheumatoid arthritis impacting a child, though there are other kinds of arthritis which affect children as well. Many children are able to outgrow their juvenile joint disease, while others must manage the condition throughout their life time.

- As you can see, "arthritis" can refer to many different diseases and also conditions, ranging from minor joint pain to draining outbreaks of pain.
- Collectively, the many forms of arthritis impact millions of people each year.
- If you think you may be going through arthritic symptoms, talk to your doctor as soon as possible.

Being Diagnosed With Joint Disease can be an Upsetting Experience for Many People

But the truth is that the situation does not have to be able to establish you. Millions of Americans deal with arthritis on a daily basis; some use medication (visit www.rznutra.com) to manage discomfort, while others handle their condition by carefully checking their diet plan. If you would like more information associated with arthritis symptoms and feasible treatments, please make contact with me today!



“ **Susie Hart**

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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