

Introduction

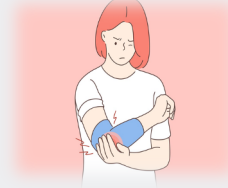


Rheumatoid arthritis (RA) is an autoimmune disease that can cause joint pain, inflammation, and damage throughout your body.

The joint damage that RA causes usually happens on both sides of the body.

So, if a joint is affected in one of your arms or legs, the same joint in the other arm or leg will probably be affected, too

Clinical manifestation



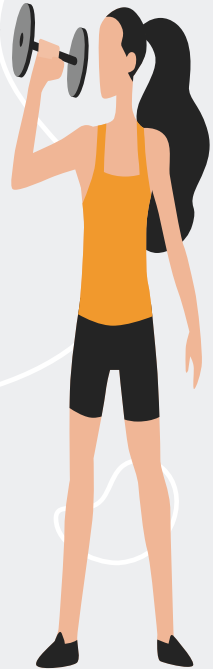
- Pain
- Joint swelling
- Stiffness affecting the small joints of the hands, feet and wrists
- In most cases, symptoms occur in the same Joints on both sides of your body
- Anorexia
- Weight loss and fatigue

Systemic manifestations

- Haematologic
- Pulmonary
- Neurological
- Cardiovascular abnormalities.

RHEUMATOID ARTHRITIS

Roaa elhoudiry
Taqwa esam
Retaj abdulrahman
Samia jaher
Morad alhady
Kasem altarhoni
Ahmed elarbi



Preventing RA :

- Stop Smoking.
- Limit Alcohol.
- Minimize Bone Loss.
- Improve Oral Health.
- Increase Fish Intake.
- Maintain a Healthy Weight.
- Stay Active.
- Reduce Exposure to Environmental Pollutants



6 Best Self-Care Tips for RA :

- Eat a Healthy Diet
- Get Plenty of Rest
- Try Alternative Therapies
- Consider Supplements
- Keep Moving
- Stick to Your Medicine Regimen



TREATMENT :

- NSAIDs: are medications that can reduce tissue inflammation, pain, and swelling, e.g. brufen, etc
- Steroids: corticosteroids medications such as prednisone reduce inflammation and pain and slow joint damage
- Disease-modifying antirheumatic drugs (DMARDs): these drugs can slow the progression of rheumatoid arthritis and save the joints and other tissues from permanent damage. Common DMARDs include methotrexate, leflunomide, hydroxychloroquine and sulfasalazine
- Calcium and vitamin D supplements: to prevent thinning of the bones due to osteoporosis

