

Rheumatoid Arthritis



Objectives

- Students should understand what RA is and what part of the body it affects
- Students should be able to identify who is at risk for the disease
- Students should be able to identify some symptoms of RA
- Students should understand the treatment for RA

Definition



- Rheumatoid Arthritis (RA) is a disease primarily in the joints which causes inflammation and changes in the synovial membranes. It is a chronic systemic disease. It can also affect the synovium, cartilage, blood vessels, and can cause the bone to change

Cause



- The cause of RA is unknown
- Viruses, bacteria, and fungi, have been the suspect
- Some believe that RA is inherited
- Certain infections or other environmental factors.

Risk Factors



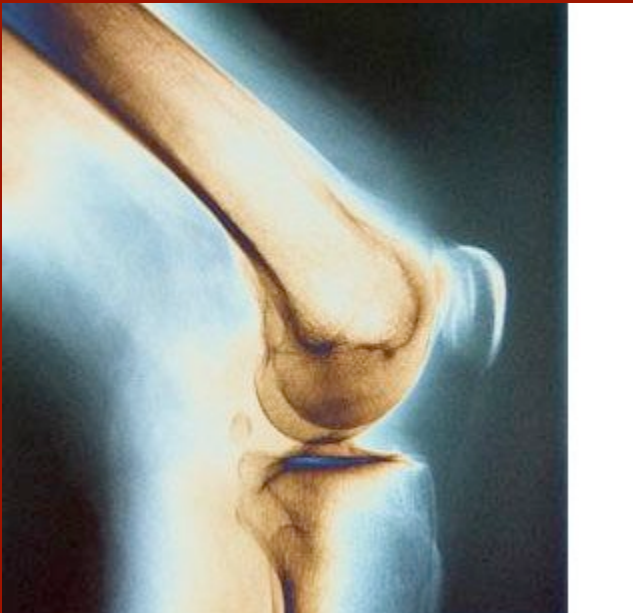
- Smoking
- Certain genes
- Environmental factors play a role like a certain bacteria or a virus
- Hormonal factors
- Higher intake of proteins and caffeine and lower intakes of vegetables and vitamin C increase the risk.

Risk Groups



- In general the most common group of people whom are affected are women

Symptoms



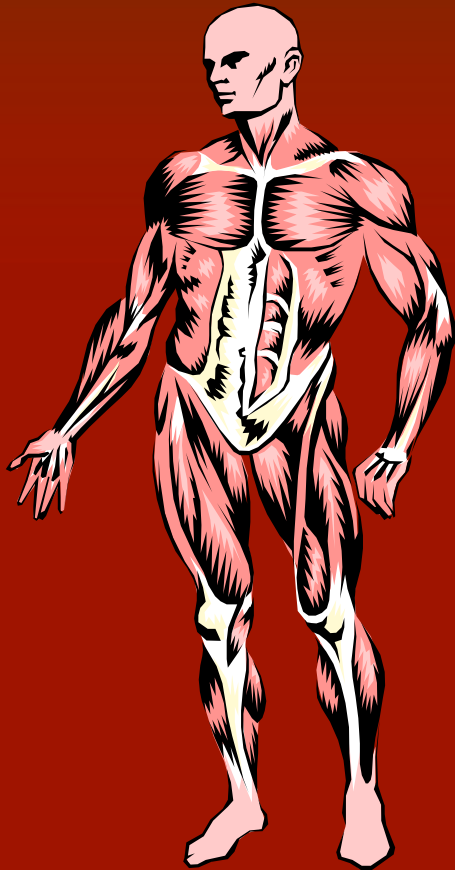
- When the disease is in its active state the symptoms include:
 - Fatigue
 - Lack of appetite
 - Low grade fever
 - Muscle and joint aches
 - Stiffness
 - Joints become: swollen, red, painful, and tender

Treatment



- There is no cure
- Relieve the pain, swelling and fatigue
- Improve the function of the joint
- Bring the joint damage to a stop
- Prevent disability and disease related morbidity

Prevention



- Control your weight
- Strengthen your muscles
- Prevent injuries

Statistics



- Arthritis affects more than 2 million people in the United States
- Women are also more likely to be diagnosed than men
- Arthritis affects 1% of the US population

Review

1. There is no cure for RA. T F
2. RA mostly affects men. T F
3. When you have RA your joints become swollen. T F
4. To prevent RA you should avoid getting injured or having weak muscles. T F
5. Smoking can be a risk factor for RA. T F