

## Do I have Arthritis?

**H**ave 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 details about 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, and the soreness, combined with the bones grinding together (if the disease is that severe) are the sources of the mild to be able to severe pain experienced. Osteoarthritis is the most common form of arthritis when many people say "arthritis" they are referring to osteoarthritis.

- Rheumatoid arthritis is a chronic problem 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 bloodstream, causing crystals to form in joints. These types of buildups result in severe pain and can impact many different joints throughout the body, although it most often has an effect on 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 arthritis describes rheumatoid arthritis impacting a child, though there are other forms of arthritis which affect children as well. Many children are able to outgrow their juvenile arthritis, while others must manage the situation throughout their life time.

- As you can see, "arthritis" can refer to many different diseases and 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 Osteoarthritis can be an Upsetting Experience for Many People

But the truth is that the condition does not have to establish you. Millions of Americans deal with arthritis on a daily basis; some use medication (visit [www.rznutra.com](http://www.rznutra.com)) to manage discomfort, while others handle their condition by carefully monitoring their eating habits. If you would like more information relating to arthritis symptoms and possible treatments, please make contact with me today!

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