

## What is Arthritis? What Can I Do?

Arthritis describes more than 100 diseases and conditions that affect the body's joints and surrounding tissue. Some signs of arthritis include pain, aching, stiffness, and swelling. If you are experiencing these signs and symptoms, talk to your doctor and/or healthcare professional. There are things you can do to feel better. Participation in a **self-management educational workshop** can help teach you the skills and confidence to manage arthritis symptoms on a day-to-day basis. Also, **regular physical activity** for people with arthritis is safe, reduces pain, and can help keep you doing many of things you enjoy. A healthy body weight lowers the risk of developing arthritis and may stop the disease from getting worse.

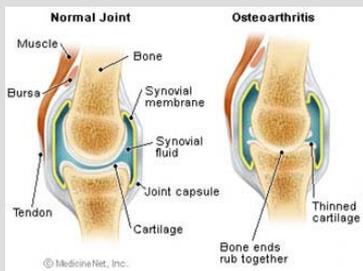
### Osteoarthritis

### Fibromyalgia

### Gout

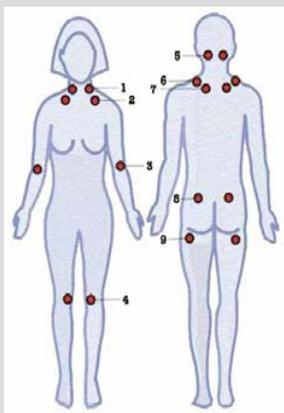
### Rheumatoid Arthritis

### Lupus



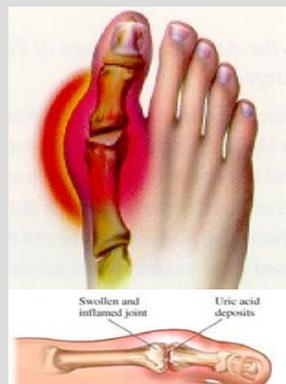
**Affects 27 million U.S. Adults**

Osteoarthritis occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away. In some cases, all of the cartilage may wear away, leaving bones that rub up against each other.



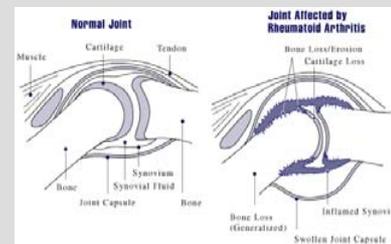
**Affects 5 million U.S. Adults**

Fibromyalgia makes you feel tired, causes muscle pain and "tender points." Tender points are places on the neck, shoulders, back, hips, arms or legs that hurt when touched.



**Affects 3 million U.S. Adults**

Gout occurs when there is a build-up of too much uric acid in the body causing hard, crystal-like deposits to go to the joint. Affected areas are very sore, red, warm, and swollen.



**Affects 1.3 million U.S. Adults**

Rheumatoid Arthritis occurs when the immune system turns against parts of the body it is designed to protect, causing pain, swelling, stiffness, and loss of mobility in the joints.



**Affects 161,000 to 322,000 U.S. Adults**

Lupus occurs when the body's immune system attacks healthy cells and tissues by mistake. Lupus can damage your joints, skin, blood vessels, lungs, kidneys, heart and brain.

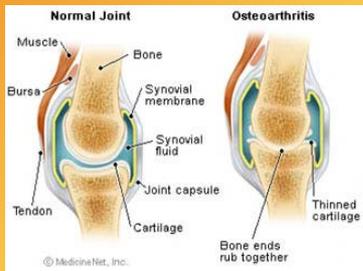
# The Five Most Common Forms of Arthritis

## Signs, Symptoms, and Common Location(s)

Osteoarthritis, Fibromyalgia, Gout, Rheumatoid Arthritis, and Systemic Lupus Erythematosus

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### Osteoarthritis



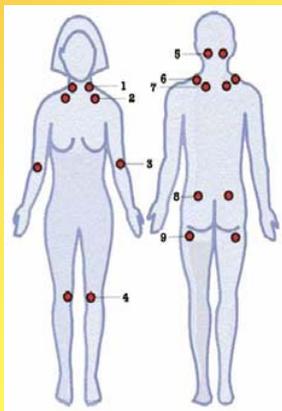
#### Common Locations

Most often occurs in the hands (at the ends of the fingers and thumbs), knees, and hips.

#### Signs & Symptoms

- **Stiffness** in a joint after getting out of bed or sitting for a long time
- **Swelling** in one or more joints
- **Crunching feeling** or the sound of bone rubbing on bone

### Fibromyalgia



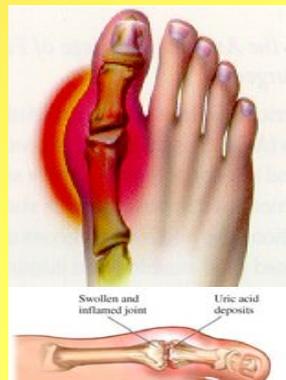
#### Common Locations

Tender points are often on the neck, shoulders, back, hips, arms or legs that hurt when touched.

#### Signs and Symptoms

- **Muscle pain**
- **Fatigue**
- **Trouble sleeping**
- **Morning stiffness**
- **Headaches**

### Gout



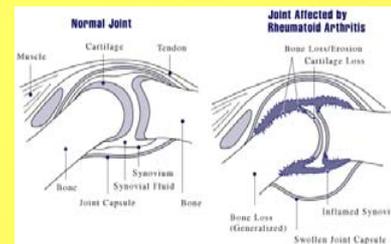
#### Common Locations

Most common in big toe, insteps, ankles, heels, knees, wrists, fingers, and elbows.

#### Signs and Symptoms

- **Pain**
- **Swelling**
- **Redness**
- **Heat**
- **Stiffness**

### Rheumatoid Arthritis



#### Common Locations

Most common in the wrist joints and the finger joints closest to the hand. It can also affect other parts of the body aside from the joints.

#### Signs and Symptoms

- **Pain**
- **Swelling**
- **Stiffness**
- **Loss of joint movement**

### Lupus



#### Common Locations

Attacks healthy cells and tissues damaging parts of the body such as the joints, skin, kidneys, heart, lungs, blood vessels and brain.

#### Signs and Symptoms

- **Pain**
- **Swelling**
- **Muscle pain**
- **Fatigue**
- **Facial rash**

Additional Information: California Arthritis Partnership Program: <http://cdph.ca.gov/programs/CAPP> (916) 552-9993 and Arthritis Foundation [www.arthritis.org](http://www.arthritis.org)

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases. <http://www.niams.nih.gov/>