

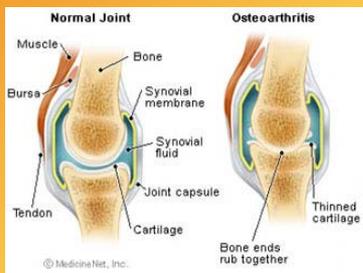
# The Five Most Common Forms of Arthritis

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

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

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.

### Osteoarthritis



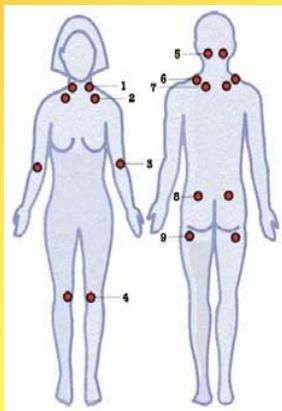
#### Common Locations

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



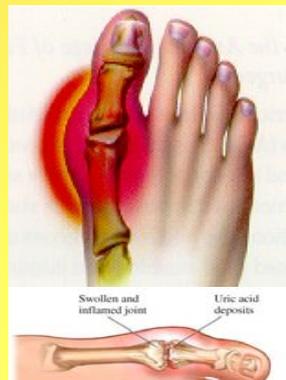
#### Common Locations

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



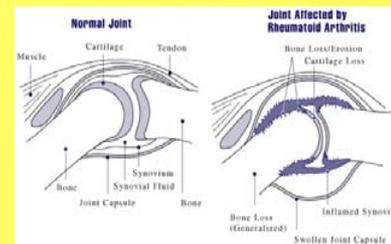
#### Common Locations

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/>