

The Five Most Common Forms of Arthritis

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

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.

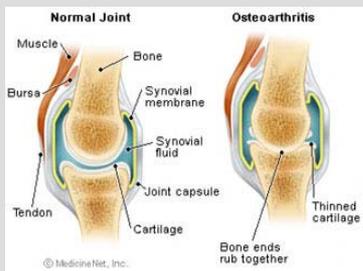
Osteoarthritis

Fibromyalgia

Gout

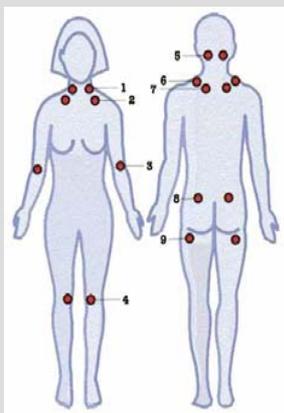
Rheumatoid Arthritis

Lupus



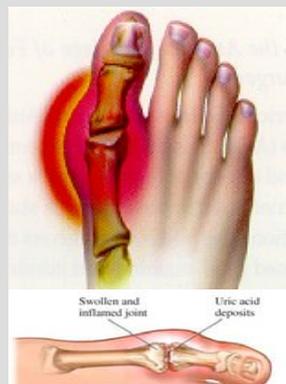
Affects 27 million U.S. Adults

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.



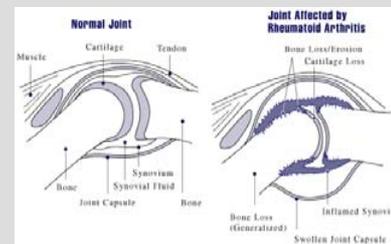
Affects 5 million U.S. Adults

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.