

This Free E-Book is brought to you by Natural-Aging.com.

**100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

What You Should Know About Rheumatoid Arthritis

By Heather Colman

Rheumatoid Arthritis, also known as "RA" is a chronic, inflammatory autoimmune disorder that

causes the immune system to attack the joints. It is a disabling and painful inflammatory condition, which can lead to substantial loss of mobility due to pain and joint destruction. The disease is also systemic in that it often also affects many extra-articular tissues throughout the body including the skin, blood vessels, heart, lungs, and muscles.

The symptoms that distinguish Rheumatoid Arthritis from other forms of arthritis are inflammation and soft-tissue swelling of many joints at the same time, also known as polyarthritis. The joints are usually affected initially asymmetrically and then in a symmetrical fashion as the disease progresses. The pain generally improves with use of the affected joints, and there is usually stiffness of all joints in the morning that lasts over 1 hour. Thus, the pain of rheumatoid arthritis is usually worse in the morning compared to the classic pain of osteoarthritis where the pain worsens over the day as the joints are used.

As Rheumatoid Arthritis progresses the inflammatory activity leads to erosion and destruction of the joint surface, which impairs their range of movement and leads to deformity. The fingers are typically deviated towards the little finger and can assume unnatural shapes. Classical deformities in Rheumatoid Arthritis are the Boutonniere deformity and swan neck deformity. The thumb may develop a "Z-Thumb" deformity with fixed flexion and subluxation at the metacarpophalangeal joint, leading to a "squared" appearance in the hand.

Rheumatoid Arthritis occurs most frequently in the 20-40 age group, although can start at any age. It is strongly associated with the HLA marker DR4. Hence family history is an important risk factor. The disease is 3 times more common in women than men and up to 4 times more common in smokers than non-smokers.

The cause of Rheumatoid Arthritis is still unknown to this day, but has long been suspected to be infectious. It could be due to food allergies or external organisms. Mycoplasma, Erysipelothrix, Epstein-Barr virus, parvovirus B19 and rubella have been suspected but never supported in epidemiological studies.

What You Should Know About Rheumatoid Arthritis

Pharmacological treatment of Rheumatoid Arthritis is divided into disease– modifying antirheumatic drugs, anti–inflammatory agents and analgesics. Disease– modifying antirheumatic drugs have been found to produce durable remissions and delay or halt disease progression. This is not true of anti–inflammatories and analgesics.

Common disease–modifying antirheumatic drugs used to treat RA include Humira, Remicade and Enbrel.

Typical anti–inflammatory agents include Glucocorticoids and non–steroidal anti– inflammatory drugs.

Analgesics include Acetaminophen, Opiates and Lidocaine.

Other therapies include weight loss, occupational therapy, physiotherapy, joint injections, and special tools to improve hard movements.

Severely affected joints may require joint replacement surgery, such as knee replacement. However, when drugs and surgery compound problems of rheumatoid arthritis rather than solve them, many people find relief by making consistent, lifelong changes to diet and lifestyle.

Many natural healing practitioners attribute rheumatoid arthritis to toxemia, which can be caused by several things, including but not limited to the many poisons that enter our systems through food, air, and skin.

The course of the disease varies greatly from patient to patient. Some patients have mild short–term symptoms, but in most the disease is progressive for life.

Disclaimer – The information presented here should not be interpreted as medical advice. Please talk to your doctor for more information about Rheumatoid Arthritis.

Permission is granted to reprint this article as long as no changes are made, and the entire resource box is included.

This article is Copyright © 2006, Heather Colman. Find more Rheumatoid Arthritis resources at:

<http://www.rheumatoid–arthritis–hub.info>

What Are Your Rheumatoid Arthritis Pain Relief Options

By Thomas Rodriguez

In the United States, millions of men and women have been diagnosed with Rheumatoid Arthritis. Rheumatoid Arthritis is a serious health issue that may not only cause pain, but Rheumatoid Arthritis may also make going about your daily activities difficult to do. That is why, if you have been diagnosed

What You Should Know About Rheumatoid Arthritis

with Rheumatoid Arthritis, you are advised to familiarize yourself with all of your pain relief options. This familiarization will not only keep you informed, but it may help you manage the pain and discomfort associated with Rheumatoid Arthritis.

Rheumatoid Arthritis is defined as a chronic disease, also known as a long-term disease. The disease causes the inflammation of joints. Rheumatoid Arthritis most commonly affects the feet, ankles, fingers, knees, and wrists. Unfortunately, these body parts are the ones that are most commonly used. That is why the pain caused by Rheumatoid Arthritis can often be considered unbearable. This unbearable pain may make it difficult or impossible for sufferers to go about their daily activities.

Before you can begin to seek treatment for Rheumatoid Arthritis, you need to know that you have it. Rheumatoid Arthritis is most commonly diagnosed by a healthcare professional, but many healthcare professionals will not diagnose you unless you inform them that you are displaying some of the symptoms. Therefore, it is advised that you be on the lookout for muscle aches, loss of appetite, morning stiffness, weakness, and fatigue. These symptoms may not necessarily mean that you have Rheumatoid Arthritis; however, it is still a good idea to inform your doctor if you notice one or more of the above mentioned symptoms.

After your physician has diagnosed you with Rheumatoid Arthritis, he or she will likely inform you of your Rheumatoid Arthritis pain relief options. These options may include, but should not be limited to, medications, physical therapy, and surgery. The best way to receive treatment for your Rheumatoid Arthritis is to seek your physician's help. This is because in most cases, you will need their assistance with pain relief, no matter which type of pain relief option you choose.

As previously mentioned, medications can be used to reduce the amount of Rheumatoid Arthritis pain you experience. These medications will be prescribed by your physician. Popular Rheumatoid Arthritis pain relief medications include Methotrexate, thiomalate, auranofin, and leflunomide. Many of the previously mentioned medications are used in conjunction with over-the-counter pain relief medications. Over-the-counter medications, effective at reducing Rheumatoid Arthritis pain, include ibuprofen, naproxen, and aspirin.

In many cases, especially when the above mentioned Rheumatoid Arthritis pain relief methods were not effective, surgery may be needed to treat Rheumatoid Arthritis. As previously mentioned, Rheumatoid Arthritis commonly impacts the joints found in the hands, feet, hips, wrists, and knees. When it comes to surgery, not all forms of Rheumatoid Arthritis can be treated; however a number of them can. Many physicians use surgery as a way to treat Rheumatoid Arthritis that has a negative impact on the hips and knees. These surgeries may, but do not always, require the insertion of a prosthesis.

If your physician recommends using physical therapy for Rheumatoid Arthritis pain relief, you are advised to follow their recommendation. Physical therapy may not only help you better manage your

pain; it may also help you learn how to cope with having Rheumatoid Arthritis. As previously mentioned, a large number of individuals have a difficult time going about their daily activities. In many cases, physical therapy sessions teach patients easier ways of doing things. These sessions are vital

What You Should Know About Rheumatoid Arthritis

to one's ability to cope with their diagnosis of this long-term illness.

Although physical therapy helps a large number of Rheumatoid Arthritis sufferers learn to manage and cope with the disease, it is not always enough. Whether you are looking for more pain management options, tips, or just support for getting through your day, you are advised to find an arthritis support group. In most cases, these groups are able to provide you with the support that you want and need to have to emotionally survive.

<http://www.healthline.com/channel/rheumatoid-arthritis.html>

is a click away!. Visit our site and find

different types of pain relief available for rheumatoid arthritis.

Natural Pain Management



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances

Impair Healthy Healing In People Over The Age Of 30!

