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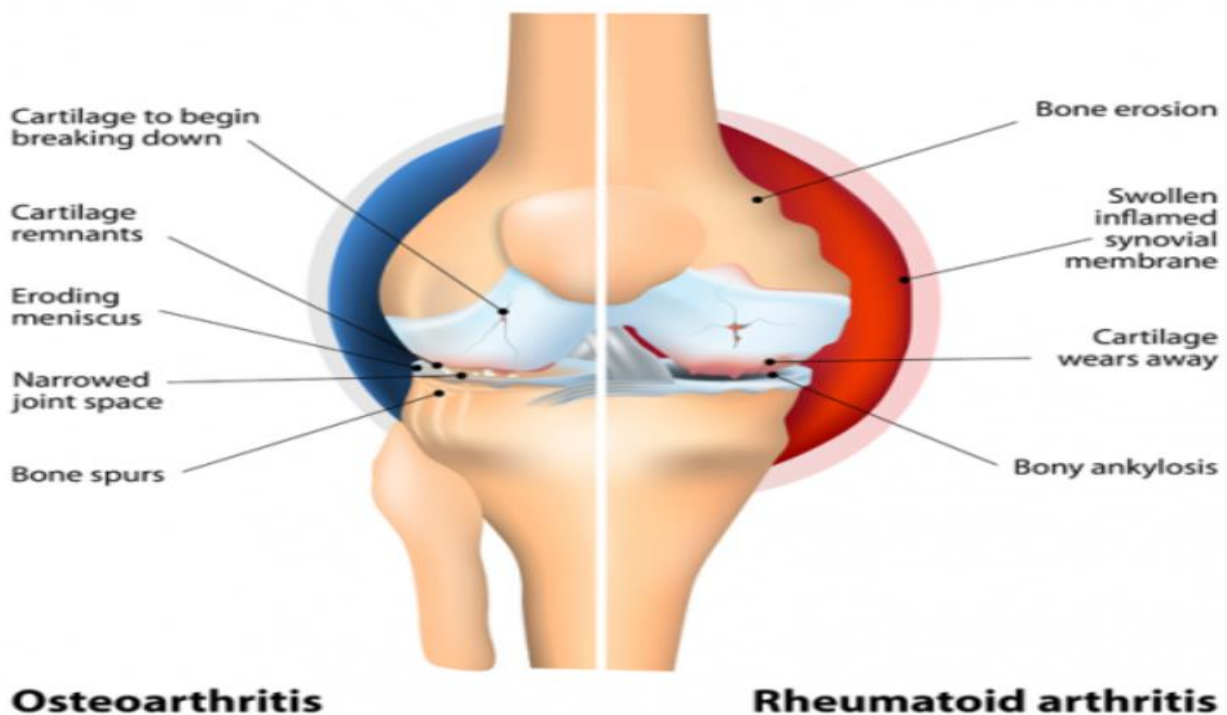
Bone and Joint Health

Arthritis: What it is

Arthritis is inflammation of one or more joints. A joint is where the ends of bones meet. Joints are covered with smooth slippery tissue called cartilage that protect the ends where they meet, and a lining that lubricates the joint and makes it easier to move.

Although a number of different types, **osteoarthritis** (“wear and tear”), and **rheumatoid** arthritis are the most common, and often occurs during middle age. **Osteoarthritis** develops slowly and the pain it causes worsens over time.

Rheumatoid arthritis is an autoimmune disease which means one’s immune system attacks its own tissues. Children can also be affected.



Non-modifiable arthritis risk factors:

- Age: the risk of developing most types of arthritis increases with age.
- Sex: most types of arthritis are more common in females, and 60 percent of all people with arthritis are female. Gout is more common in males than females.
- Genetic factors: specific genes are associated with a higher risk of certain types of arthritis.



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Modifiable arthritis risk factors:

- Overweight and obesity: excess weight can contribute to both the onset and progression of knee osteoarthritis.
- Joint injuries: damage to a joint can contribute to the development of osteoarthritis in that joint.
- Infection: many microbial agents can infect joints and trigger the development of various forms of arthritis.
- Occupation: certain occupations that involve repetitive knee bending and squatting are associated with osteoarthritis of the knee.

See your doctor if you experiences any of the following four [key warning signs](#)

1. **Pain:** Pain from arthritis can be constant, or it may come and go. It may affect only one part, or be felt in many parts of the body
2. **Swelling:** In some types of arthritis the skin over the affected joint becomes red and swollen and feels warm to the touch
3. **Stiffness.** Stiffness is a typical symptom. With some types, this is most likely upon waking up in the morning, after sitting at a desk, or after sitting in a car for a long time. With other types, stiffness may occur after exercise, or it may be persistent.
4. **Difficulty moving a joint:** If moving a joint or getting up from a chair is hard or painful, this could indicate arthritis or another joint problem.

Pleasing words are a honeycomb, sweet to the taste and invigorating to the bones. *Proverbs 16:24*

A joyful heart is good medicine, but a broken spirit dries up the bones. *Proverbs 17:22*

Sources: 2019 American Academy of Orthopedic Surgeons;
<https://www.medicalnewstoday.com/articles/7621>