Arthritis

Arthritis may be caused by inflammation (in-flah-MAY-shun), of the tissue lining the joints. Some signs of inflammation include redness, heat, pain, and swelling. There are several types of arthritis. The two most common ones are osteoarthritis (AH-stee-oh-ar-THRY-tis) and rheumatoid (ROO-mah-toyd) arthritis.

Osteoarthritis is the most common form of arthritis. This condition usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteoarthritis follows an injury to a joint. For example, a young person might hurt his knee badly playing soccer. Or someone might fall or be injured in a car accident. Then, years after the individual’s knee has apparently healed, he might get arthritis in his knee joint.

Rheumatoid arthritis happens when the body’s own defense system doesn’t work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases
http://www.niams.nih.gov/Health_Info/Arthritis/default.asp#b

http://verywell.com/arthritis-4014761
About.com: Arthritis
Discusses what arthritis is, diagnosis, treatment and living/cop ing with the disease.

http://verywell.com/osteoarthritis-basics-4014565
About.com: Osteoarthritis
Osteoarthritis causes, diagnosis, symptoms, and treatment.

http://www.arthritis.org/
Arthritis Foundation
1330 W. Peachtree Street.; Suite 100
Atlanta, GA 30309
Toll-free phone: 800-283-7800
Phone: 404-872-7100
Covers topics such as fitness and nutrition as well as information on research and resources.
**Arthritis Foundation: Local Office Finder**
Enter your ZIP code to go directly to the closest office near you or select a state from the map to view that state's local office information.

**Arthritis National Research Foundation**
5354 E. 2nd St. Suite 201
Long Beach, CA 90803
Phone: (800) 588-2873 or (562) 437-6808
Funds cutting-edge research for treatment cure and eventual end to the suffering of more than 46 million Americans with arthritis and related diseases.

**The Arthritis Society (Canadian)**
Phone: 800-321-1433
Searching for the underlying causes and subsequent cures for arthritis, and promoting the best possible care and treatment for people with arthritis.

**Centers for Disease Control’s National Center for Chronic Disease Prevention and Health Promotion**
1600 Clifton Road
Atlanta, GA 30329-4027
Phone: 800-232-4636
TTY: 888-232-6348
Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 19 million adults. The CDC Arthritis Program is working to improve the quality of life for people affected by arthritis and other rheumatic conditions by working with states and other partners to increase awareness about appropriate arthritis self management activities.

**Johns Hopkins Arthritis Center**
Provides patient and physician resources, research and “Ask the Expert” section.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases: Living with Arthritis**
Easy-to-read information for patients and their families.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases – Osteoarthritis**
Booklet describes osteoarthritis and its symptoms and contains information about
diagnosis and treatment, as well as current research efforts supported by the National
Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS).

http://nihseniorhealth.gov/osteoarthritis/whatisosteoarthritis/01.html

NIH Senior Health: Osteoarthritis

Easy-to-use website features basic health and wellness information for older adults from
the National Institutes of Health. The section on arthritis has been split into three
individual topics to provide more detailed information: gout, osteoarthritis and
rheumatoid arthritis.

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and informing you about paralysis and its effects. Nothing contained in this message
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care provider. Should you have any health care related questions, please call or see
your physician or other qualified health care provider promptly. Always consult
with your physician or other qualified health care provider before embarking on a
new treatment, diet or fitness program. You should never disregard medical advice
or delay in seeking it because of something you have read in this message.

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