WHAT IS ARTHRITIS?

E & N HERTS TRUST
RHEUMATOLOGY DEPARTMENT
PATIENT AFTERNOON
What is arthritis?

- Disease or damage to joints
- Not one disease but many
- Rheumatoid arthritis and osteoarthritis are most common types
Osteoarthritis

- Described as wear and tear
- Tends to occur over age 40
- Can co-exist with other types of arthritis
Thickened, crunched-up bone with no covering cartilage

Osteophyte

Bone angulation ('deformity')

Inflamed synovium

Tight, thickened capsule

Little remaining cartilage

A joint which has been deformed by severe osteoarthritis
Rheumatoid arthritis

• Type of inflammatory arthritis

• Lining of certain joints become inflamed

• Can lead to damage of joint surface and underlying bone
A joint badly affected by rheumatoid arthritis.
What is inflammation?

Local Effects:-
- HEAT
- REDNESS
- SWELLING
- TENDERNESS / PAIN
What is inflammation?

General effects:-
- Weight loss
- Unwell
- Tiredness
- Fever
- Stiffness
What causes Rheumatoid?

- Autoimmune disease
  - The body “attacks” its own tissues
  - Targets joint linings

- No cause known
Who gets Rheumatoid arthritis?

• 1 in every 100 people in Britain

• Any age

• Women more than men

• Can run in families
How will it progress?

Out of 100 people

- Continue having some joint pain, swelling and flare-ups: 75
- Develop severe disease with extensive disability: 5
- Always have very mild rheumatoid arthritis: 20