

# WHAT IS ARTHRITIS?



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**Arthritis literally means "joint inflammation" and can affect joints in any part of the body.**

A joint is where two or more bones come together such as the knee, shoulder or wrist.

Healthy joints are covered with a sponge-like material known as cartilage.

The joint itself is enclosed in synovium, a sturdy sheath that produces synovial fluid that assists the cartilage in limiting friction between the bones.



**A joint that is affected by arthritis will become inflamed which causes symptoms that range from mild pain, swelling, redness, heat, stiffness, and severe joint pain that may make it difficult to move.**

Arthritis is a general term for a group of more than 100 diseases associated with joint inflammation.

Arthritis is one of the most common diseases in the United States and affects at least 80 million Americans, half of whom are age 65 and older.



Arthritis is often a chronic disease, meaning it can affect the person afflicted over a long period of time.

Arthritis cannot be cured, but the symptoms can be treated through a variety of joint pain products and methods.

## Types Of Arthritis

Although there are more than 100 different diseases associated with the term arthritis, the three most common are **osteoarthritis, rheumatoid arthritis, and gout.**



**Osteoarthritis** is the most common type of arthritis. It mostly affects the cartilage, the tissue that covers the ends of the bones within a joint to create a cushion between the bones.

Over time, or because of disease, the cartilage may begin to wear out or decay; in some extreme cases, all the cartilage can be worn out leaving nothing to keep the bones within the joint from rubbing against each other.

This friction often leads to pain and swelling, and in some cases disability.



Although osteoarthritis can occur in any joint, it most often affects the large weight-bearing joints such as knees, hips, and feet, as well as the hands, low back (spinal facet joints) and neck.

**Rheumatoid Arthritis** is a chronic inflammatory disease that not only affects joints in any part of the body, but may also attack tissue in the skin, lungs, eyes, and blood vessels. Classified as an autoimmune disease, the immune system of a person with rheumatoid arthritis mistakenly turns against the person's body and starts attacking the joints, which leads to swelling in the joint lining.



In addition to the usual symptoms associated with arthritis such as pain, swelling, stiffness, and loss of function in the joints, a person with rheumatoid arthritis may feel tired and be feverish.

**Rheumatoid arthritis** generally affects the person in a symmetrical pattern, meaning if the left knee is involved, the right one will be affected too.

**Gout** is one of the most painful rheumatic conditions and often begins with a sudden onset of intense pain, swelling and stiffness in the joints, which may also be warm to the touch and red.



Gout is brought on when the body cannot eliminate a naturally occurring substance called uric acid.

Before an attack, uric acid in the form of needle-like crystals, build up in the connective tissue in the joint.

This deposit leads to inflammation of the joint. Gout is often triggered by stressful events, alcohol or drugs, or the presence of another illness, and frequently affects joints in the lower part of the body including knees, heels, ankles, or toes.





If you have arthritis there are many things you can do to help relieve pain.

**Take a look in our healing portal to find out how you can heal arthritis.**

**This Ebook was written for  
Global Healing Exchange**

