



# Living with Arthritis

Joyce Cheng RN. MSN  
Community Health Nurse  
Bedford Board of Health  
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# Rheumatoid arthritis vs. Osteoarthritis

## Osteoarthritis

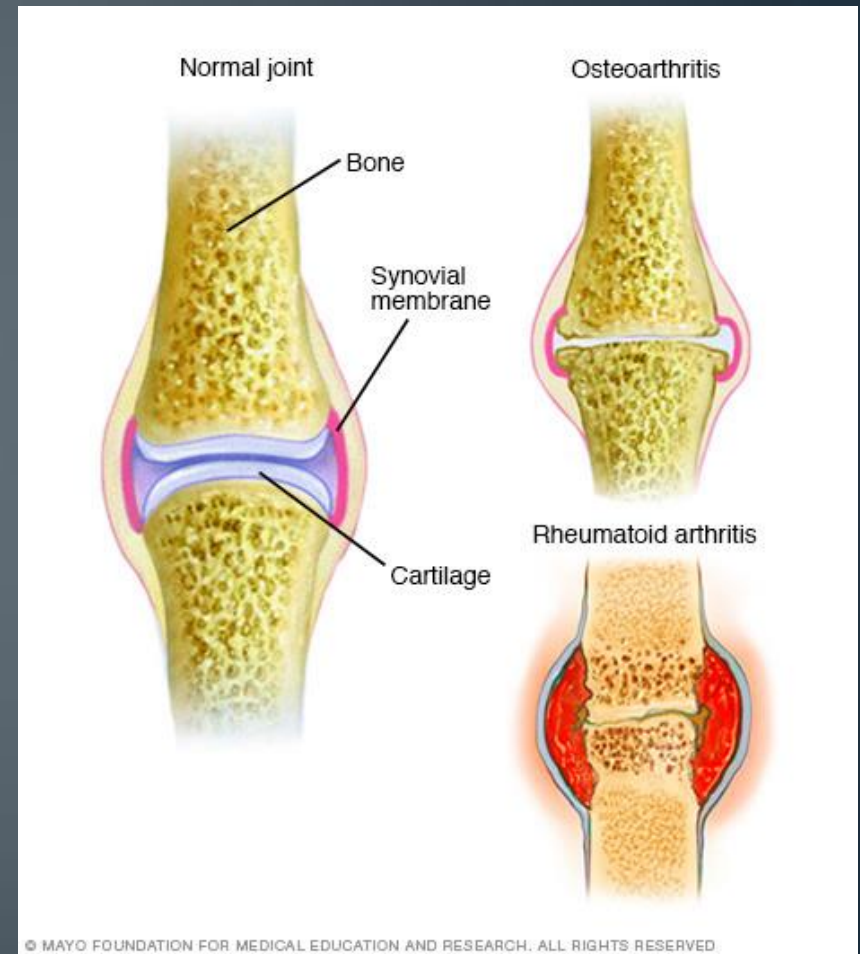
- The most common type of arthritis

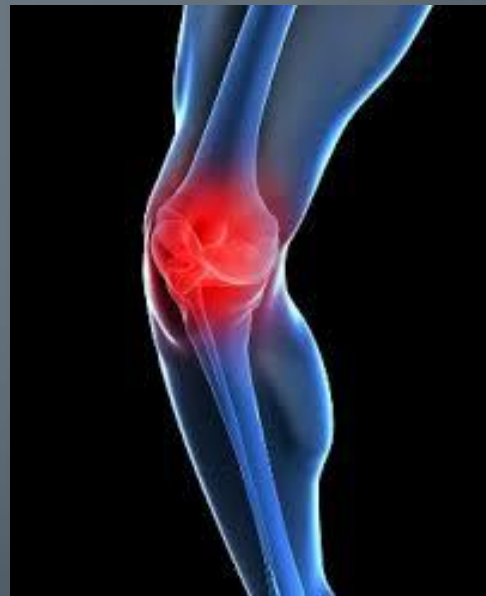
## Rheumatoid arthritis

- Body's immune system attacks the lining of the joint capsule
- Synovial membrane, becomes inflamed and swollen
- Disease process destroy cartilage and bone within the joint

## Psoriatic arthritis- skin lesions appear.

- Joint pain, stiffness and swelling affect any part of your body, including your fingertips and spine





# Other cause of arthritis

**Gout**-a complex form of arthritis — can affect anyone

- sudden, severe attacks of pain, redness and tenderness in joints, often the joint at the base of the big toe.

**Lyme disease**- severe joint pain and swelling are especially likely to affect your knees, but the pain can shift from one joint to another.



# Symptoms

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion



# Risk factors

## Family history

**Age-** The risk of many types of arthritis including osteoarthritis, rheumatoid arthritis and gout increases with age.

**Sex-** Women are more likely than are men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.

**Previous joint injury-** People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.

**Obesity-** Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. Obese people have a higher risk of developing arthritis.

# Medications

## Pain Medication-

- Reduce pain, but have no effect on inflammation.
- Tylenols (acetaminophen), tramadol (Ultram, Ultracet, others)
- Narcotics - oxycodone (Percocet, Oxycontin, others) or hydrocodone (Norco, Vicoprofen, others).

## NSAIDs (Nonsteroidal anti-inflammatory drugs)-

- Reduce both pain and inflammation.
- Over-the-counter NSAIDs: ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve).
- Prescription NSAIDs
- Cause stomach irritation, and some may increase your risk of heart attack or stroke.
- Also available as creams or gels, which can be rubbed on joints

## Pain Relieve Creams and ointments-

- Contain menthol or capsaicin (hot peppers)
- Interfere with the transmission of pain signals from the joint itself.
- Rubbed on

# Medications

## Disease-modifying antirheumatic drugs (DMARDs)

- Used to treat rheumatoid arthritis,
- Slow or stop your immune system from attacking your joints.
- Examples: methotrexate (Trexall) and hydroxychloroquine (Plaquenil).

## Biologic response modifiers

- Used in conjunction with DMARDs
- Genetically engineered drugs- target various protein molecules that are involved in the immune response
- Examples include etanercept (Enbrel) and infliximab (Remicade)

## Corticosteroids- Prednisone and Cortisone

- Reduces inflammation and suppresses the immune system
- Corticosteroids can be taken orally or be injected directly into the painful joint
- **Cortisone shots**- injections that may help relieve pain and inflammation
- Cortisone shots are most commonly given into joints — such as your ankle, elbow, hip, knee, shoulder, spine and wrist



# Other Treatments

## Physical therapy

- Can be helpful for some types of arthritis.
- Exercises can improve range of motion and strengthen the muscles
- In some cases, splints or braces may be warranted

**Surgery-** If conservative measures don't help, your doctor may suggest surgery, such as:

- **Joint repair.** In some instances, joint surfaces can be smoothed or realigned to reduce pain and improve function. These types of procedures can often be performed arthroscopically — through small incisions over the joint.
- **Joint replacement.** This procedure removes your damaged joint and replaces it with an artificial one. Joints most commonly replaced are hips and knees.
- **Joint fusion.** This procedure is more often used for smaller joints, such as those in the wrist, ankle and fingers. It removes the ends of the two bones in the joint and then locks those ends together until they heal into one rigid unit.

# Alternative Methods

Many people use alternative remedies for arthritis, but there is little reliable evidence to support the use of many of these products. The most promising alternative remedies for arthritis include:

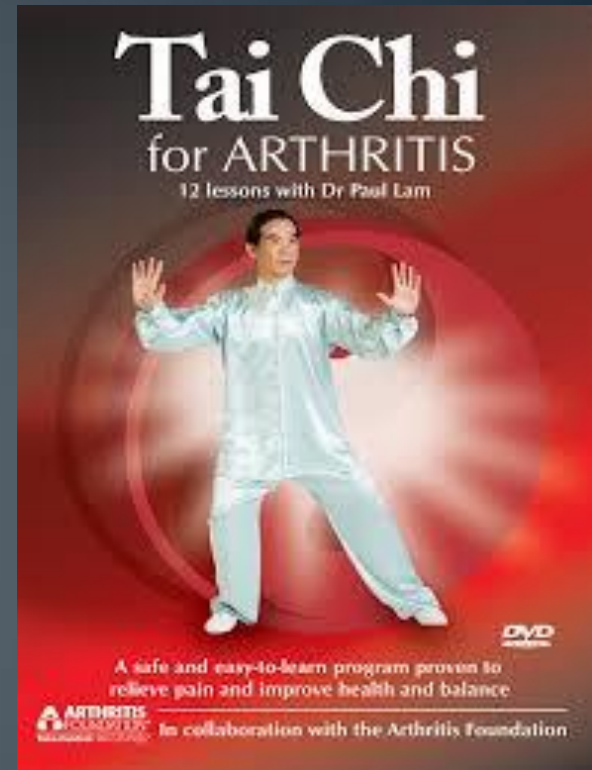
- **Acupuncture.** This therapy uses fine needles inserted at specific points on the skin to reduce many types of pain, including that caused by some types of arthritis.
- **Glucosamine.** Although study results have been mixed, it now appears that glucosamine works no better than placebo. However, glucosamine and the placebo both relieved arthritis pain better than taking nothing, particularly in people who have moderate to severe pain.

# Alternative Methods

- **Yoga or tai chi.** The slow, stretching movements associated with yoga and tai chi may help improve joint flexibility and range of motion in people with some types of arthritis.
- **Massage.** Light stroking and kneading of muscles may increase blood flow and warm affected joints, temporarily relieving pain. Make sure your massage therapist knows which joints are affected by arthritis.

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- **Hand Exercises**



# 8 Foods may trigger inflammation

- Sugar
- Saturated Fats, Omega 6
- Trans fats- fast food, fried, processed snack, majoring
- Refined carbohydrates- white flour, white rice, white potatoes
- MSG
- Gluten & Casein-protein found in dairy and wheat
- Aspartame
- Alcohol

# 12 Best Foods for Arthritis

- Fish, Omega-3 rich, salmon, tuna, mackerel, herring
- Soybeans (edamame)
- Olive oil, Avocado, walnut oil
- Red & purple fruit: cherries, strawberries, raspberries, blue berries, blackberries
- Broccoli- Vit. K & c rich
- Green tea
- Citrus
- Whole grain: oatmeal, brown rice, whole grain cereals
- Beans
- Nuts:
- Spice: garlic, gingers, turmeric