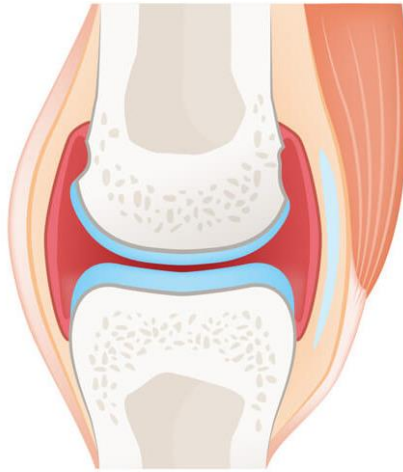




مدينة الملك فهد الطبية
King Fahad Medical City



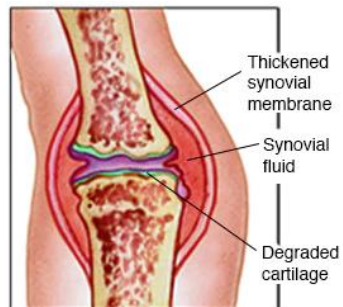
Combating Rheumatoid Arthritis

What is Rheumatoid Arthritis?

A lifelong discomfort problem that causes pain and swelling of the lining of joints of the hands, feet, wrists, elbows, knees and ankles.

What causes Rheumatoid Arthritis?

The immune system mistakenly attacks the body tissues resulting to bone destruction and joint deformity.



What does Rheumatoid Arthritis feel like?

Pain and swollen joints

Stiff joints during rest

Joint deformity

Fatigue, fever and weight loss

Loss of function and mobility and weakness



Who are prone to develop Rheumatoid Arthritis?

- Females age 40-65 years old
- Family History
- Exposure to Asbestos and Dusty Environment
- Obesity & Over Weight
- Smokers

Asbestos: is a soft, greyish-white material that does not burn, and is used in a building to protect it from fire

What happen if Rheumatoid Arthritis left untreated?

Osteoporosis



Heart Problem



Diabetes



High Blood Pressure



Difficulty to do daily activities



Susceptible for infection affecting the lungs, heart, and eyes



Numbness, tingling and unbearable pain of the fingers.



How can you diagnose Rheumatoid Arthritis?

Blood Test



- ESR (Erythrocyte sedimentation rate)
- CRP (C-reactive protein)
- Complete Blood count
- Rheumatoid factor
- Anti-CCP (anti-cyclic citrullinated peptide antibodies)

Imaging Test

X- rays, MRI and CT scan of the swollen and painful joints can help track the disease progress and severity



Can Rheumatoid Arthritis be treated?





There is no definite cure, but there are recommended treatments that can help reduce signs and symptoms, to diminish the pain and swelling, in order to live an active life.



These treatment includes:

- Medication Plan
(Biologic agents, NSAIDs, Steroids and Disease-modifying anti-rheumatic drugs -DMARDs)
- Lifestyle modification
- Diet rich in fish oil and plant oils like corn, and sunflower
- Applying heat or cold compress to swollen joints
- Surgery to repair damaged joints and tendon

How to prevent Rheumatoid Arthritis from acquiring?

-  Avoid smoking
-  Avoid foods salty, processed, fatty and sugary.
-  Avoid exposure to asbestos, silica and dusty environment.
-  Maintaining a healthy body weight

If you have discomfort and swelling in your joints, see a doctor as soon as possible to prevent more complication

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department



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