



Arthritis 101

Just as there are over 100 joints connecting the body’s bones, there are over 100 types of Arthritis.

What is Arthritis?

The term Arthritis is derived from the Greek words arthro, meaning “**joint**”, and itis, meaning “**inflammation**”. The various conditions associated with joint inflammation can range from mild and temporary, to permanently debilitating, and can affect infants to the elderly. The two categories of Arthritis are Inflammatory Arthritis and Degenerative Arthritis, with the most common types being Rheumatoid Arthritis (RA) and Osteoarthritis (OA).

Quick Notes and Comparisons: Inflammatory & Degenerative Arthritis

Categories of Arthritis	Inflammatory Arthritis	Degenerative Arthritis
Types of Arthritis	Rheumatoid Arthritis (RA), Ankylosing Spondylitis	Osteoarthritis (OA)
What is happening?	<ul style="list-style-type: none"> • The joint lubricating system is attacked by the body’s own immune system: joint stiffness occurs, eventually cartilage and bone are damaged or destroyed • Joints may get worse quickly – in a period of weeks to months 	<ul style="list-style-type: none"> • The end-of-bone protective cartilage degenerates from excessive use: cartilage becomes rough and thinned and bone thickens • Joints usually get worse over months or years
Commonly affected joints	<ul style="list-style-type: none"> • Any joint in the body, but most commonly the small joints of hands and feet • Many joints may be affected at once, with a tendency to affect the same joints on both sides of the body (i.e. both elbows, both feet, etc.) 	<ul style="list-style-type: none"> • Most commonly the joint at the base of the thumb, end or middle joints of fingers, hips, knees, joints at base of big toe • Only 1 or 2 joints may be affected, and these tend not to be paired (i.e. one thumb, one knee, one big toe, etc.)
How does it feel?	<ul style="list-style-type: none"> • Stiffness in the joint after rest, e.g. morning stiffness lasting over an hour • Pain, swelling, tenderness of joint • Decreased range of movement • Some people also experience fever, fatigue, or tingling in the fingers 	<ul style="list-style-type: none"> • Pain, swelling, stiffness in joint • Morning stiffness of affected joint lasts 15-20 minutes • Pain worsens through the day as the joint is used • Resting the joint provides relief
Medications	<ul style="list-style-type: none"> • Non-Steroidal Anti-inflammatory Drugs (NSAIDS) • Disease Modifying Anti-Rheumatic Drugs (DMARDs) • Steroids & Steroid Injections • Biologics 	<ul style="list-style-type: none"> • Analgesics • Non-Steroidal Anti-inflammatory Drugs (NSAIDS) • Injections: Steroids & Viscosupplementation (Hyaluronic Acid)

For more information about Arthritis medications or a comprehensive Q&A session about your current medications, please schedule a personalized Medication Review with your Remedy’sRx Pharmacist. Check with your Pharmacist to see if you are eligible for provincially funded, private Pharmacist consultations.

Latest and Greatest

The most recent developments, news, upcoming fundraisers, “ask an expert”, and local supports related to Arthritis can be found at The Arthritis Society: www.arthritis.ca

We hoped you enjoyed this month’s eNewsletter, compliments of Remedy’sRx, The Local Drug Store. Please see your Remedy’sRx Pharmacist for more information or to schedule a personalized Medication Review consultation.

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