

# Information About Arthritis.

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<https://foodwitharthritis.com>



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## **INTRODUCTION.**

Searching the internet is a mind field; there is so much to look at, and where do you start? You first need to go onto the internet and then browse through the articles. Finding nothing that you particularly want.

It is why I have made this eBook to help you discover what arthritis is and its conditions, how it develops and much more...

You will find over a hundred different kinds of arthritis. Arthritis is a disease that some cannot be cured, and people live with pain and inflammation 24/7 for the rest of their lives.

### **What is a joint?**

Joints are two bones that meet, such as your knee has two bones: the lower leg (tibia) and the thigh bone (femur).

You also have cartilages at the joints, a tissue covering the ends of the joints that cushions the bones and helps them to move easily without the bones rubbing together.

Synovium produces the fluid that helps the joints from rubbing and wearing away.

Ligaments are connected to bones which keep the joints steady. You have muscles that are also ligaments that help the joints to move.

## **Joint pain.**

Joints connect bones which support us in moving around. When you have any damage, injury or disease of the joints, it can interfere with the movements that cause a lot of pain.

Many different conditions can cause painful joints, this includes diseases such as osteoarthritis, rheumatoid arthritis, bursitis, and gout. In addition, you could have strains, injuries and sprains in the joints.

A national survey was done on one-third of adults that reported joint pain within thirty days. The familiar pain was the knees, then shoulders and hip pains. Joint pains can be anywhere in the body, from the neck, hands, feet and ankles. In other words, where you have a joint, it could become painful. Plus, as you get older, joint pain can become increasingly common.

The pain could be mild to chronic; it could last for a few weeks, called acute, or it can last for several weeks or months, called chronic. With pain, you could have swelling and inflammation, which can affect your quality of life. Whatever the pain you are experiencing, you usually manage it with medication, physio or alternative treatment.

## **Diseases that cause joint pain.**

Diseases such as arthritis cause inflammation of one or many joints.

This pain is called 'arthralgia'; it also causes stiffness, commonly known as an adult disease, but can also affect children, called 'juvenile idiopathic arthritis', or JIA.

There are over 100 types of arthritis, but the common ones are osteoarthritis (OA), rheumatoid arthritis (RA), post-traumatic arthritis, septic and psoriatic arthritis, and even gout is a type of arthritis. The common in your weight-bearing joints, like your knees, hips and spine.

## **Chapter One**

### **Different types of arthritis.**



Osteoarthritic - fingers

## **Osteoarthritis.**

Osteoarthritis is caused by wear and tear of the cartilage: through ageing or injury called post-traumatic arthritis, also children can develop this disease called juvenile idiopathic arthritis (JIA).

Osteoarthritis is a progressive disease that's common in the joints of the:

- fingers
- hips
- knees
- back
- neck

And can cause the joints to swell and become very painful. As it progresses, the joints begin to have cracking, grinding or popping sounds as you move.

Osteoarthritis occurs when you damage your cartilage, which cushions and protects the end joints from breaking down and slowly wearing away. After a while, your movement will become difficult and painful. When the condition worsens, the bones may be fragile and break easily, and you could also develop bone spurs.

I have lived with osteoarthritis for 40+ years when I fell and landed with my right knee across a curb. I am now suffering from a right hip replacement, both knees, left hip, shoulders and wrists.

## **Rheumatoid arthritis (RA).**

Rheumatoid arthritis, lupus and gout all come under one umbrella, where the result is a systemic disease, which can affect some organs and tissues or the whole body.

As in osteoarthritis, this disease can affect the large and small joints as well, including the spine. Also, the symptoms are swelling, pain and stiffness.

Rheumatoid arthritis attacks the immune system that protects the body.

The disease first develops in the lining of your joints, making them swell, then a nasty substance is produced, which attacks and destroys the joint's surface.

A healthy immune system protects the body from viruses, bacteria and others. Unfortunately, when you develop rheumatoid arthritis, the autoimmune disease overreacts and attacks the healthy tissues. It also attacks the synovium, which is the lining of the joints. Over time this can cause the joint to become deformed, and the bone could erode.

Rheumatoid arthritis can develop in children, called juvenile rheumatoid arthritis (JR).

The joint pain can be mild irritation to chronic and can last a few weeks (acute) to months (chronic).

Rheumatoid arthritis is a common arthritis that appears between the age of thirty to sixty.

Unfortunately, rheumatoid arthritis, as in osteoarthritis, they are an incurable disease, and you can only manage the symptom through medication and treatments that can help reduce the condition.

The symptoms that you may feel are the following:

- You could feel tender around the joints.
- The joints may become swollen and stiff, causing difficulty in bending.
- The joint is warm to the touch and red looking.
- The area affected is spongy to the touch.
- Fatigue.
- You could also hear grinding noises when you move the affected joint.
- Nodules can appear under the skin that is a firm lump and could vary from a pea to a walnut size that develops in the elbow and fingers.





## **Risk factors of RA**

You are at risk if you say yes to any of the below lists:

Hereditary – if any member of the family has rheumatoid arthritis.

Environmental factors – such as smoking, if you smoke, you must stop immediately.

Diet – if you eat junk foods, you should also stop and start a healthy natural diet.

Weight – your weight should also be healthy. Overweight people are damaging the weight-bearing joints, such as their hips and knees.



## **Four stages to rheumatoid arthritis.**

**Stage one.** The early stages.

In the early stages, you will feel joint pain, stiffness and/or swelling.

**Stage two.** The moderate stage.

In this stage, the synovium is increased and inflamed, eventually will cause damage to the joint's cartilage.

**Stage three.** The severer stage.

At this stage, rheumatoid arthritis becomes severe. Damage to the joints has gone further than the cartilage.

The damage is now at the bones, causing you to hear grinding noises when you move.

**Stage four.** Final stage.

The final stage is when the joints no longer work; the joints are destroyed and fused together.

These four stages can develop over several years.

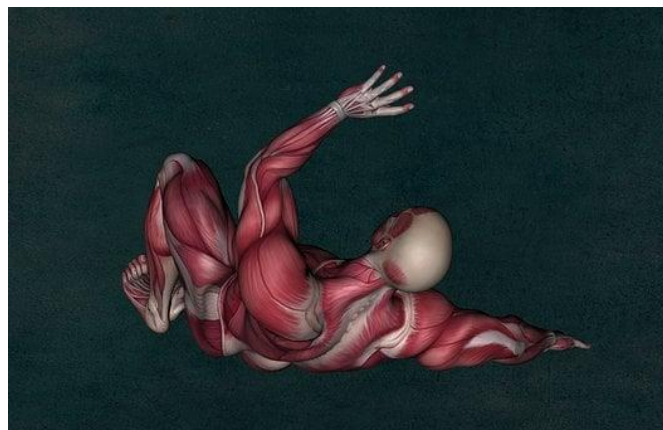
## **Fibromyalgia.**

In a healthy body, the brain and the spinal cord will produce pain signals differently from a person with fibromyalgia or another name, 'pain syndrome'.

The symptom could be a movement or an excruciatingly painful touch called allodynia. You may have pain that is only mild to people but can be unbearable for you, called hyperalgesia.

The only difference between arthritis and fibromyalgia is that the long-term pain and tenderness all over your body come from the muscles, not the joints. The common symptoms of fibromyalgia are:

- Muscle pain over the body.
- Trouble sleeping.
- Headaches and feeling fatigue.
- Concentrating becomes difficult.
- You could have poor memory.
- And you will be sensitive to pain or pressure.



Anatomy Muscles

## Risk Factor

The risk factors for fibromyalgia could be the following:

- Women are likely to have fibromyalgia than men.
- If you had stress or traumatic events for example a car accident (post-traumatic stress disorder) or PTSD.
- When you have a repetitive injury.
- If you develop an illness such as a viral infection.
- If you have a family history
- Or if you are obese.



Viral Infection.

## **Psoriatic arthritis.**

Psoriatic arthritis is a disease that attacks the skin leaving a rash called psoriasis. The condition can include the large joints like your knees and the small distal joints like the tips of the fingers and toes.

Psoriatic arthritis is also an autoimmune disease which attacks connective tissues, where the tendons and ligaments attach to the bones causing inflammation and pain. The disease can develop in both men and women equally.

### **Risk factor.**

- As in most disease you are at a high risk if a member of the family.
- When you happen to develop psoriasis first, the psoriatic arthritis sometimes come after.
- If you are obese or overweight you are more likely to develop psoriatic arthritis.
- Research found that women smokers are three time likely to get psoriatic arthritis.
- Environmental factors such as certain infections could contribute psoriatic arthritis.

## **Gout.**

Another type of arthritis is gout, caused by a buildup of uric acid in the bloodstream from a breakdown of purines. Certain situations can cause gout, like blood and metabolism disorders or dehydration, making the body produce too much uric acid.

The uric acid then develops into tiny crystals that cause acute inflammation in the joints.

The symptoms are severe pain and inflammation of the joint, which can become sensitive and tender to touch; also, the joints become stiff.

It commonly affects males more than females and sometimes develops overnight, often in the big toe, but it can be any joint.

Another cause could be kidney or thyroid complications, or you could have an inherited disorder that can make removing excess uric acid difficult.

### **Risk factors:**

- Middle-aged man.
- Postmenopausal woman.
- Inherited.
- If you drink alcohol.
- Taking medication such as diuretics or cyclosporine.
- High blood pressure
- Kidney disease or thyroid disease.
- Diabetes.
- Or sleep apnoea.

## **Lupus arthritis.**

Lupus arthritis is similar to rheumatoid arthritis, whereas both are autoimmune diseases that attack healthy tissues. But the difference is that lupus attacks multiple organs and tissues such as the kidney, skin, blood and heart. Lupus can also develop chronic pain in the big and little joints and muscles.

The symptoms of the joints include swelling, stiffness and pain.

The treatment is to help with the symptoms, as lupus is an incurable disease that worsens over time.

The healthcare providers don't exactly know the cause of Lupus. But they think it's a combination of many underlying factors.



Rheumatoid Arthritis - Fingers

## **Risk factors.**

Environment – triggers could include smoking, stress, or exposure to toxins such as silica dust.

Genetics – having a family member having lupus or a history of lupus may put you at a high risk of developing the condition.

Hormones – hormone levels like an increase in oestrogen levels could also cause lupus.

Infections – there need to be more studies that link diseases to lupus, but they think cytomegalovirus and Epstein-Barr cause lupus.

Sex – women are more likely to develop lupus than men, but it can cause severe symptoms in men.

Age – lupus can develop at any age, but it's most often identified between the ages of fifteen and forty-four.

Race or ethnicity – lupus is found more in African Americans, Hispanics, Asian Americans, Native American or Pacific Islanders.



## **Bursitis.**

Bursitis is when tiny fluid-filled sacs help the rubbing and friction between bones, ligaments, tendons, skin and muscles in the joints called bursae.

The symptom can be pain and stiffness of the affected joints. Bursitis happens in any joint, but commonly in large joints such as:

Shoulders, Hips, elbows, the common joints are Knees, Ankles and big toe.

Bursitis typically heals by itself when you rest for more than a few weeks.

Resting the joint that is affected can be the following:

- Reducing your activities which move the joints affected.
- And rest the joints for long periods. Which helps the bursae to recover and the stiffness decreases.



## **Risk factor.**

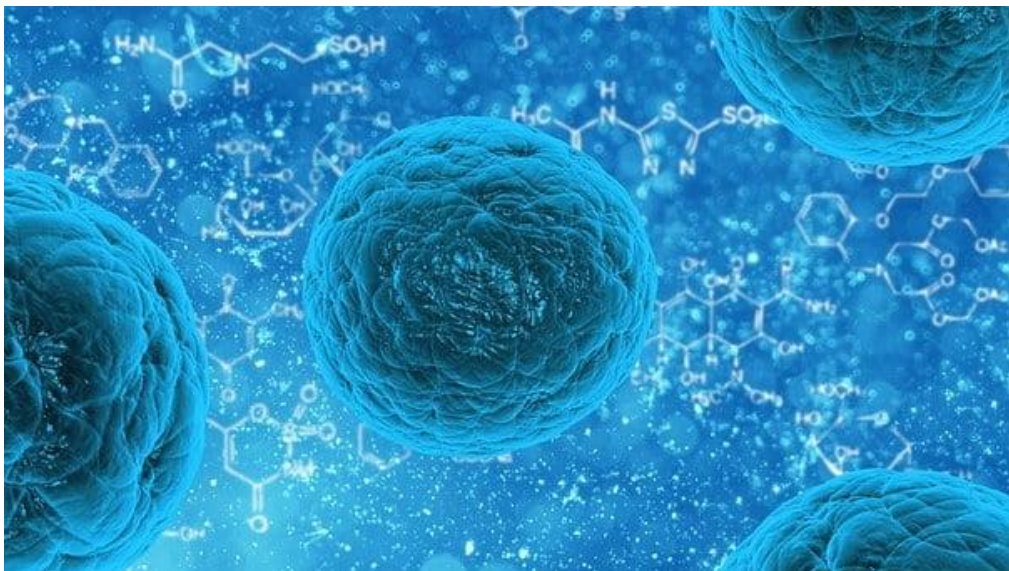
You maybe at risk of bursitis if you have any of the bellow list.

- You are at high risk of bursitis, especially if you are over forty.
- Also, repeated pressure on a particular joint area, such as gardening, raking or shovelling, carpentry, scrubbing, tennis (tennis elbow), golf, skiing and throwing.
- standing or sitting wrongly and sudden injuries.
- As you age, the tendons will not be able to handle stress. The tendons are less elastic and easy to tear.
- You are at high risk if you have problems with the structure of bone or joints, such as different leg lengths or arthritis in a joint, which puts more stress on a bursa that causes bursitis.
- reaction from medication and stress or inflammation from other illnesses such as rheumatoid arthritis, gout, psoriatic arthritis or thyroid disorders. In that case, it could also raise the risk factor.

## **YOU MUST CALL YOUR DOCTOR IF:**

- You have a fever over 102.
- If the area becomes swollen, red and warm.
- If you are generally ill or more than one area hurts.
- And if you have trouble moving the joint.

This could signify that you have an infection or other medical problems.



Bacteria Illness Virus.

## **How to prevent bursitis.**

Sometimes you can't prevent bursitis, but the following list of things can lower the risk.

1. You should rest the joint on a cushion if kneeling or sitting.
2. When exercising or playing sports, mix things up so that you are not making the same motions.
3. When you try a new exercise, you should start slowly and easily. So that as you build strength, you can use more force and more often.
4. Don't sit for a long time; stand and walk around for a while.
5. When you make the same motions again and again, you need to take a break.
6. It would be best if you kept a proper posture for sitting and standing.
7. Keep to a healthy weight, and find a good diet to manage your weight. I have found with my arthritis the Mediterranean diet and the Dash diet.
8. If you do an action that hurts, stop and check with your doctor.

## **Four great tips for managing your pains.**

### 1. Prescribed medication.

You must never stop the medication recommended by your doctor, as this helps to control inflammation and pain.

### 2. Weight.

It would help if you kept to a healthy weight for your build. The pain can be attributed to being overweight, as it puts more pressure on the joints, increasing pain. In addition, being overweight can increase the risk of heart disease, diabetes or cancer. It would help if you went on a diet such as vegetables, fruit, whole grain and lean meat.

Such as in the diets mentioned above.

### 3. Exercise

As well as controlling your weight, it would help if you were active; like going to the gym, walking, or doing yoga is good for reducing joint pain and helping flexibility, strength and balance. You should also try an exercise bike as this will help to keep your heart healthy. But if you have not done any exercises, you need to go to your doctor, who will make an appointment with your physical therapist to help you with slow activities first.

#### 4. Keep positive

It would be best to keep positive and not let your pains get you down. Find things to do to keep your mind off of the pain, and find a hobby. I help people with arthritis by doing blogs; also, I do cross stitch to keep me busy. Spend time with friends and family.



**CHAPTER TWO**  
**Home remedies with arthritis.**



There are two main groups of arthritis: osteoarthritis, which is wear and tear of the joints.

The second group is rheumatoid arthritis, where the healthy immune system attacks itself. Also, the cartilage of the joints gets damaged.

The first list is how to help yourself by doing home remedies.

## **Part one osteoarthritis**

Natural remedies can be used for many types of other treatments which the doctor can recommend. The first list can help with easing your aches and pains of osteoarthritis.

### **1. Medication**

You should always take your prescribed medication from your doctor on the correct day and time.

### **2. Food.**

When you have arthritis, eating anti-inflammatory foods, such as vegetables, fruit, and lean meat, is beneficial. So, it would be best to go to your kitchen cupboards and throw away all that junk foods such as processed foods, sugary sweet desserts etc...



### **3.Arthritis of the hands.**

When you have arthritis of the fingers, you should do exercises to keep them moving, such as hand wash the dishes; this will help to relax the muscles in the warm water and decreases the stiffness. Doing the washing up also helps your fingers by squeezing out the sponge.

### **4.Capsaicin Cream.**

Capsaicin is found in chilli peppers and can be found in many over-the-counter pain relief creams. You can make your own cream

1. by mixing a few drops of ground cayenne with two to three teaspoons of olive oil.
2. With gauze, apply to unbroken skin on the painful joint a few times a day.
3. You may feel a mild burning on the skin the first few times, but it will go in a week or so.

### **5.Green tea.**

Especially chamomile tea is good for painful joints.

1. Just brew a strong infusion with four tea bags in a cup of hot water.
2. Cover and wait for twenty minutes.
3. Squeeze the bags out and throw them away.
4. Soak a clean cloth in the infusion.
5. Apply to the painful joint.

## **6. Hot and cold treatments.**

When your joints become painful, put a heat pack on the affected joint as it helps open up the blood vessels, arteries and veins so that more blood can flow through, which helps reduce the pain.

If you have inflammation or stiffness, you need to have an ice pack with a towel around. The cold pack will help the blood vessels, arteries and veins to narrow; this will lessen the blood flow and helps with inflammation and stiffness.

## **7. Swimming.**

Swimming is excellent for aches as the water is weightless, and you will exercise more freely.

Swimming is also beneficial as it provides low-impact cardio. In addition, it helps with entire body movement, reduces stress and helps with sleep.

## **8. Supplements**

Supplements such as omega-3 fatty acids are good for relieving inflammation. You can find omega-3 fatty acids in salmon and tuna.

Vitamin D helps with the collagen in the joints. It protects the joint from any damage. You can get more vitamin D when you go out into the sun. (weather permitting).

**WHEN THINKING ABOUT SUPPLEMENTS, ALWAYS CONSULT YOUR DOCTOR FIRST.**

## **9. Listening to music.**

When you listen to your favourite music whilst you read, write etc.... you are concentrating on the music and not your symptoms; it does this by raising the hormones that reduce the pain sensitivity to the brain. Listening to music also reduces depression and disability.

## **10. Walking barefoot.**

Yes! walking barefoot sounds silly ('thinking back to my childhood, my parent kept on saying get your shoes on').

When you walk around indoors in bare feet, it helps to reduce the weight on your knee joints and minimize pain from OA by approximately twelve per cent with shoes. Your shoes should imitate the arch and heels' natural contour when you go outside.

## **11. Magnets.**

You can find magnet therapies in natural food stores, which come in various forms, such as bracelets, necklaces, pads or disks. Magnets are mainly used for osteoarthritis, where it is wear and tear of the joints—mostly worn by people with knee and hip osteoarthritis. A study showed that it helps with joint pain better than medication.

## **Part two Rheumatoid Arthritis.**

The second list is home remedies for rheumatoid arthritis, where natural remedies can help relieve the pain and stiffness in the joints.

### **1. Medication.**

First, as with all prescribed medication, you should always take it at the specified time. On your doctor's advice.

### **2. Acupuncture and massaging.**

Acupuncture is an old Chinese medicine that naturally reduces pain with very fine needles to stimulate energy through pathways in your body.

Research has found that it lowers the levels of chemicals in your body that link with inflammation.

I have tried this for my spine; with my right leg longer than the other, my spine is now wonky and very painful. The acupuncture worked, but it got too expensive, as you must go to a professional.

With Massaging, you should also go to a professional; many types of massaging can ease the pain. The ideal way is to go and see your doctor if you could see a good massage therapist who works with people with RA.

### **3. Exercises.**

I know you may not feel like moving some days, but it is good for you, as it can lower the swelling in your joints and ease the pain.

Before starting anything new, you must consult with your doctor or physical therapist. They can help with the correct program for you.

You probably focus on the following:

- Walking or swimming - to get your heart moving.
- Aerobics- to get your heart moving.
- Low-impact exercises – help your joints to keep moving.
- And balance movements to help you from tumbling or falling.

### **4. Heat and cold therapy.**

Make sure you apply the correct one for your situation.

Heat pack – the heat pack helps to relax the pain in the muscles and helps the blood flow. You could use a microwave hot pack, a warm damp towel or even a good old hot water bottle. If you have a hot bath or shower also help. Just let the warm water hit the painful areas.

Cold pack – the cold pack helps the swelling and inflammation; this helps to slow down the blood flow in the area. You should apply a cold pack or frozen peas, but wrap the bag in a towel, and do not put it straight onto your skin. Apply for fifteen minutes at a time, with at least a thirty-minute break between the treatment.

### **5. Creams, gels and patches.**

Most rubbing cream and gel are natural remedies, as they are made from capsaicin, the ingredient that makes the chilli peppers hot.

Studies have found that using creams or gels can help ease RA pain. But do not use it with a heating pad. It can make you burn.

Patches are stuck to the painful area and left there all day.

But I have tried this also, and I was allergic to the gel on the patch. You should try a small patch to determine if you are allergic.

### **6. Deep breathing and meditation.**

It would help if you sat comfortably and upright, from your stomach, and breath in slowly, then outward slowly. Deep breathing can calm you, and stress drifts away. Also, when you focus on your breathing, you take your brain off the thoughts about your pain.

## **7. Tai chi and yoga.**

Tai chi is a slow, gentle movement that is easy on your joints.

The way it's done is to stand and do specific gentle movements that can be modified to your situation. Tai chi can help with your balance, flexibility and strength. Yoga helps with a mixture of low-impact exercises, breathing and meditation. Yoga has been going on for five thousand years ago in India. Yoga can help with joint pains and improve flexibility, stress and tension, lowering inflammation and stress.

## **8. Supplements.**

Studies have found that the thunder god vine can help with inflammation, including a study that showed thunder god vine versus a traditional drug used to treat RA called sulfasalazine. The result was the symptoms improved more with the thunder god vine. But thunder god vine has side effects like stomach upset, headache, hair loss, and upper respiratory tract infections, and men could become sterile.

Also, pregnant women or women at risk of osteoporosis must not take it.

### **WARNING OF SUPPLEMENTS:**

Some rheumatoid arthritis studies have found that certain supplements and natural remedies can help. But more research needs to be done.

Also, keep in mind that supplements and medications may not mix. Always see your doctor if you want to start taking anything, so they can check if it is safe for you.





## **Conclusion.**

Arthritis symptoms could be mild or severe pain, inflammation and swelling of any joints in your body. It depends on which arthritis you have been diagnosed with, as there are over a hundred different types.

Unfortunately, arthritis is incurable, meaning people live 24/7 with the condition. The treatment is to keep the symptoms low, so you can live a normal life.

There are two common types of arthritis which are osteoarthritis which is wear and tear of the joints associated with an injury. The common joints are the hands, spine, knees and hips.

The second is rheumatoid arthritis, which attacks your healthy immune system and the cartilage (synovium) in the body's joints.

When you develop arthritis, your life becomes difficult, and you will become stressed. This may be difficult, but you should try and live a normal life as possible, exercise that keeps the joints moving, take your medication, eat healthily, and if you are overweight, you should go on a diet. My research is either a Mediterranean diet or the Dash diet.

I hope this PDF has helped you.

I am not a medical professional, and the information in this article is for information only. Always consult your doctor about anything you are worried about.

*Linda Rook*

<https://foodwitharthritis.com>

## **More information.**

<https://www.londonpainclinic.com/resources/coping-with-flare-ups-and-chronic-pain/>

<https://www.arthritis-health.com/blog/15-survival-tips-managing-ra-flare>

<https://www.nhs.uk/conditions/arthritis/>

<https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis>

<https://www.healthline.com/health/arthritis>

[https://www.hss.edu/conditions\\_understanding-inflammatory-arthritis-an-introduction.asp](https://www.hss.edu/conditions_understanding-inflammatory-arthritis-an-introduction.asp)

<https://www.medicinenet.com/arthritis/article.htm>

<https://www.arthritis.org/health-wellness/healthy-living/managing-pain/pain-relief-solutions/4-tips-for-managing-chronic-pain>

<https://www.versusarthritis.org/about-arthritis/conditions/arthritis/>

<https://www.webmd.com/rheumatoid-arthritis>