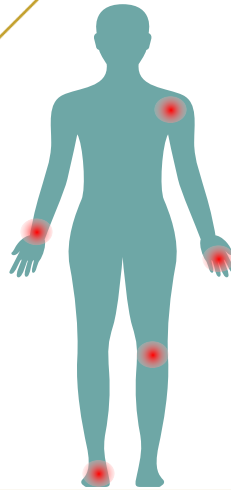




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

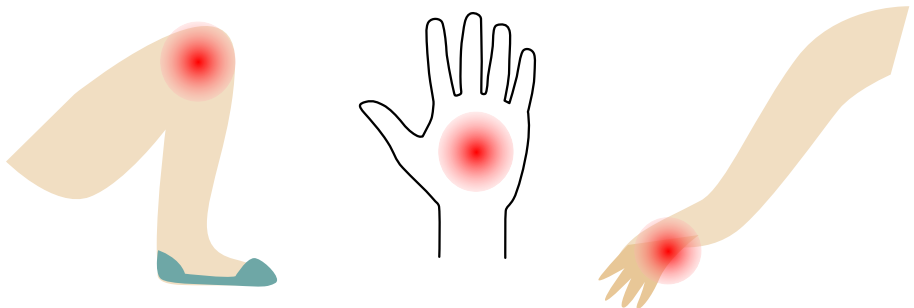
Rheumatoid Arthritis



What is rheumatoid arthritis?

It is an **autoimmune disease** that attacks the joints mainly and usually affects many joints at the same time and the most injured joints (**the joints of the wrists, hands, and knees**).

When rheumatoid inflammation affects the joint, the lining of the joint becomes inflamed, resulting in **damage to the tissues of the joint** and results in chronic pain. Inflammation may affect other body tissues and cause problems in body organs such as the **lungs, eyes, and heart**.



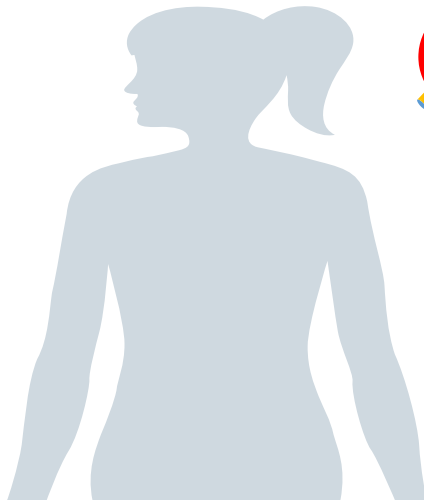
What is the cause of rheumatoid arthritis?

Its cause is completely incomprehensible, but there is scientific evidence that genetic, and hormones make you more likely to respond to environmental factors - such as some bacteria and viruses that may cause a high incidence of the disease.



What is the Risk factors of rheumatoid arthritis?

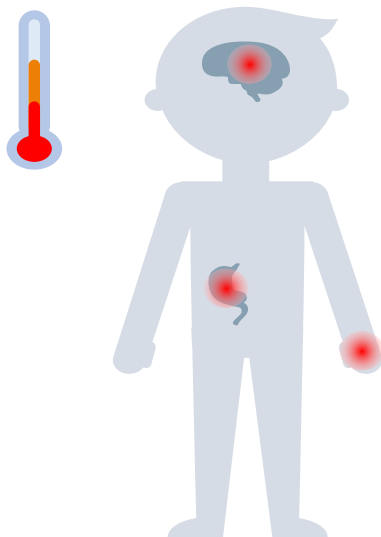
- ✓ Age, getting old raises the likelihood of rheumatoid arthritis.
- ✓ Gender, women are about two or three times more likely to be infected compared to men.
- ✓ Genetic factors.
- ✓ Childlessness.
- ✓ Smoking.
- ✓ Obesity.



What are the symptoms of rheumatoid arthritis?

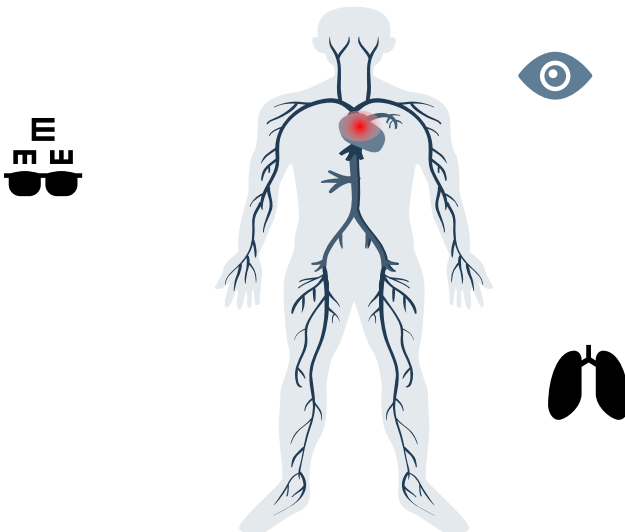
Symptoms of rheumatoid arthritis increase and decrease in times, including the following:

- ✓ Joint pain, which includes long swelling of up to six weeks.
- ✓ Stiffness of the joint for 30 minutes or more.
- ✓ High body temperature, fatigue, loss of appetite.



What are the symptoms of rheumatoid arthritis?

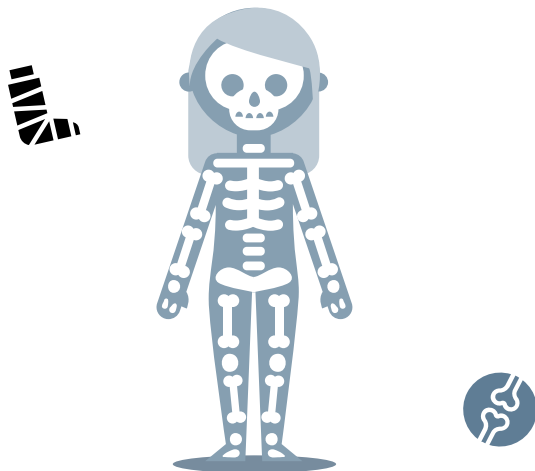
- ✓ Increased infection.
- ✓ Dryness in the mouth and eyes.
- ✓ Weakness in the sense of sight (Visual impairment).
- ✓ Small bumps under the skin.
- ✓ Pneumonitis.
- ✓ Inflammation of blood vessels (vasculitis).



What are the complications of rheumatoid arthritis?

Rheumatoid arthritis **increases** your risk of developing the following:

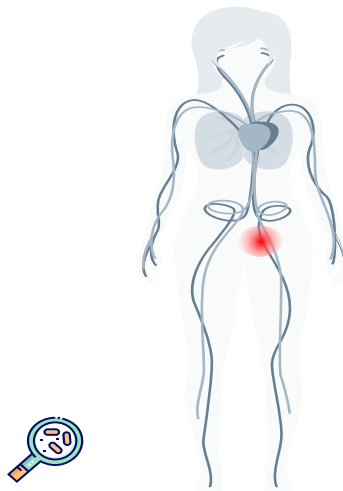
Osteoporosis. The increase in rheumatoid arthritis itself affects bone strength as well as some drugs used for treatment, which is a condition that weakens the bones, which leads to a high probability of a fracture.



What is the complications of rheumatoid arthritis?

Infections. Rheumatoid arthritis and some drugs used for treatment can weaken the immune system, so the incidence of infection increases.

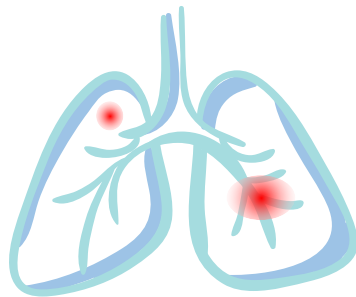
Heart problems. Rheumatoid arthritis can increase the risk of clogged and Arteriosclerosis arteries, as well as inflammation of the cyst surrounding the heart.



What is the complications of rheumatoid arthritis?

Carpal tunnel syndrome. It is the compression of the nerve responsible for most of the functions of the fingers and hand, occurs when rheumatoid arthritis affects the wrists.

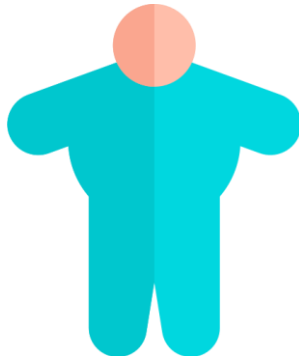
Lung diseases. People with rheumatoid arthritis are at higher risk of scars and inflammation in the tissues of the lungs, leading to the appearance of gradual shortness of breath.



What are the complications of rheumatoid arthritis?

Dry mouth and eyes. People with rheumatoid arthritis are more exposed to Sjogren's syndrome, a disorder that reduces the level of moisture in the mouth and eyes.

Weight gain and obesity. Fat is often higher in people with rheumatoid arthritis.



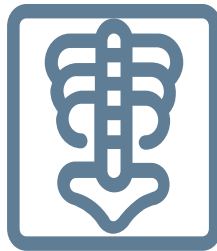
How rheumatoid arthritis is diagnosed?

Difficulties to diagnosis of rheumatoid arthritis in the early stages because the initial symptoms and indications are very similar to other diseases, so the diagnosis is carried out by a specialist doctor.

The diagnosis is also carried out through:

- ✓ physical examination.
- ✓ laboratory tests.
- ✓ X-ray.

It is preferable that the diagnosis be made within the first **six months** of the appearance of symptoms.



What the ways to treat the rheumatoid arthritis?

Reduce long-term complications by improving physical function.

It helps stop inflammation, also relieve symptoms, and prevent damage to organs and joints.

Taking non-steroidal anti-inflammatory drugs, inhibitors or medicines that slow the disease, and the last option is to perform surgeries.



What the ways to prevent the rheumatoid arthritis?

- ✓ Maintaining weight, healthy by following a healthy lifestyle.
- ✓ Quit smoking.
- ✓ Detecting bone density to ensure its health.
- ✓ Maintain physical activity for at least 30 minutes a day for five days a week.



How to live with rheumatoid arthritis?

Before practicing physical activity, it is necessary to discuss to the specialist doctor about the extent of the body's ability to exercise.

A few tips to help the patient feel better:

- ✓ Thermal treatments soothe joints and muscles such as warm baths, or thermal pads.
- ✓ Topical treatments, sprays or creams help relieve pain.
- ✓ Supporting and encouraging parents and friends.



Resources and references:

Review and audit:

The content of this booklet has been reviewed by Orthopedic Consultants
at King Fahad University Hospital.

Health Awareness Uit

IAU-21-153



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University