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# Juvenile Idiopathic Arthritis

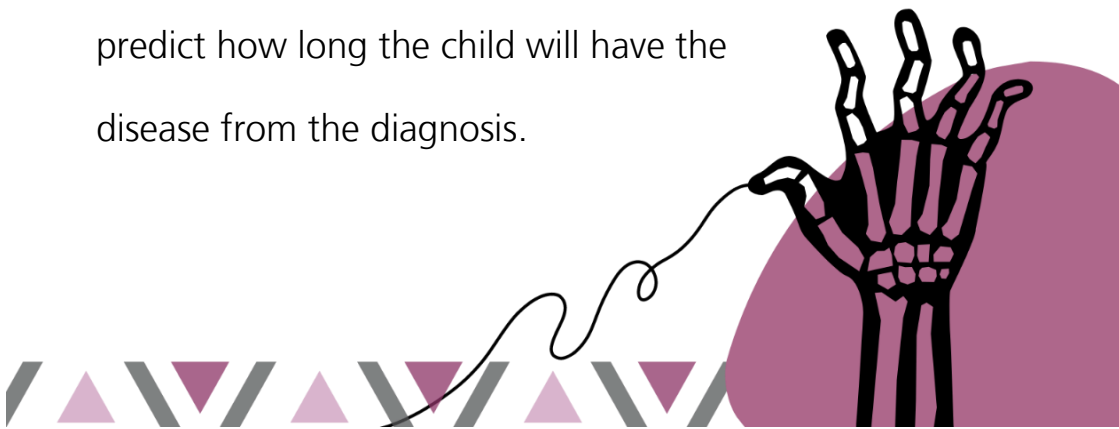


## What is Juvenile Idiopathic Arthritis?

It is a chronic disease characterized by the persistent joints inflammation and specific symptoms include pain, swelling, and stiffness. And it is "Idiopathic" because its source is unknown, and it is "Juvenile" because the onset of the symptoms usually occurs before reaching the age of 16.

## What is the meaning of "chronic disease"?

Any disease is described as chronic when proper treatment does not necessarily lead to a cure for this disease but results in an improvement in symptoms and laboratory test results. This also means it is impossible to predict how long the child will have the disease from the diagnosis.



# What are the symptoms of Juvenile Idiopathic Arthritis?

The common indicators and symptoms of Juvenile Idiopathic Arthritis are:

**Swelling:** joint swelling is common but is usually noticed in larger joints such as the knee.



**Pain:** although the children might not complain of joint pain, you may notice they limp especially first thing in the morning or after a

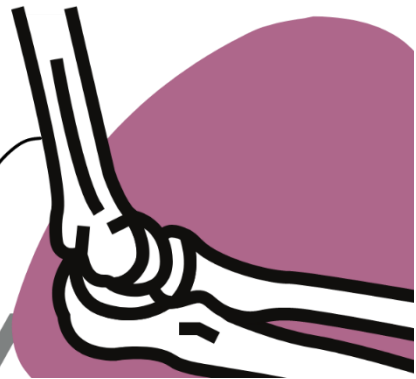


# What are the symptoms of Juvenile Idiopathic Arthritis?

**Stiffness:** you might notice unusual slackening from the child, especially in the morning or after the nap.



**Fever, swollen lymph nodes, skin rash:** In some cases, high fever, swollen lymph nodes or a rash on the trunk of the body may occur, and the condition usually worsens in the evening.





## What are the etiologies of Juvenile

### Idiopathic Arthritis?

It is believed that chronic arthritis is rather an abnormal response of the immune system that partially loses the ability to distinguish between what is "foreign" and what are the cells of the "human body." In this state the immune system turns on itself attacking the components of the human body.

Which leads to exposure to inflammation, for example inflammation in the lining of the joints.





## **Is Juvenile Idiopathic Arthritis hereditary?**

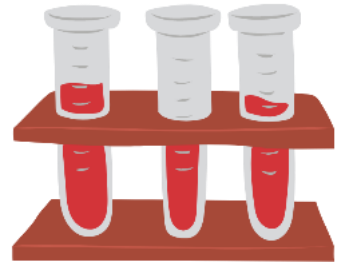
It is a non-hereditary disease in which it cannot be transmitted directly from parents to a child. But there are some mostly undiscovered genetic factors that make people susceptible to this disease.





# How Juvenile Idiopathic Arthritis is diagnosed?

**1- Blood test:** some of the most common blood test for suspected cases include general blood test, test for antibodies, and test to measures the levels of inflammation in the body.



## How Juvenile Idiopathic Arthritis is diagnosed?

**2- Imaging tests:** An X-ray or MRI can be done to rule out other conditions such as fractures, tumors, infections, and birth defects. Imaging scan can be used from time to time after the diagnosis to follow bone growth to detect damaged joints.





## How is Juvenile Idiopathic Arthritis treated?

Juvenile Idiopathic Arthritis treatment focuses on helping the child maintain a normal level of physical and social activity. To achieve that doctors use range of strategies to relieve pain, swelling, maintaining strength and full movement, and prevent complications.



# How is Juvenile Idiopathic Arthritis treated?

## ❖ **Non-steroidal anti-inflammatory drugs:**

reduce pain and swelling.

## ❖ **Anti-Rheumatic and Disease-modifying drugs:**

used in case of a high probability of damage in the future.

## ❖ **Biological treatments:**

They help reduce systemic inflammation (for the whole body) and prevent joint damage.

## ❖ **Cortisone:**

Used to control symptoms until another medication takes effect. Used if necessary, according to the doctor's opinion and the severity of the condition.



## What are the possible complication of Juvenile Idiopathic Arthritis?

Some type of Juvenile Idiopathic Arthritis might lead to serious complications. However, the risk of the following complications can be significantly reduced by monitoring the condition of children and seeking appropriate medical care for them:

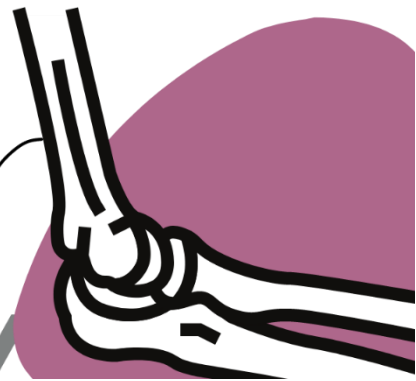
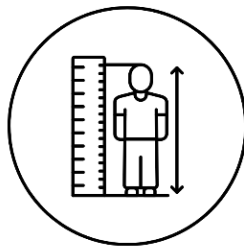
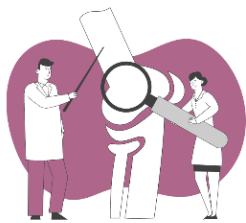
- **Eye problems:** Juvenile Idiopathic Arthritis can cause some types of eye infections. If left untreated, this condition can lead to **loss of vision**.

Eye inflammation usually occur without symptoms, so it is important for children with Juvenile Idiopathic Arthritis to visit ophthalmologist for examination.



# What are the possible complication of Juvenile Idiopathic Arthritis?

**Developmental disorders:** Juvenile Idiopathic Arthritis can affect the growth of the child and bone growth. In addition, some used medications, mainly (Cortisone), can inhibit growth. That why it should be used under the supervision of a doctor in specific doses and for a studied period.







### Sources and References:

All illustrative photos from Canva.com

### Review and Audit:

The content of this booklet was reviewed by Rheumatology consultants from the department of Pediatrics at King Fahad Hospital the University.

**Department of Pediatrics**

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**Health Awareness Unit**

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