



Tips on Healthy Ageing

ARTHRITIS

What is Arthritis?

Arthritis is a term used to describe a group of conditions that affect the joints causing damage. Joints in different parts of the body can be affected and symptoms reported may include pain, stiffness, redness and swelling of joints.

There are many forms of arthritis. The most common are:

- Osteoarthritis - the cartilage in the joint breaks down and becomes thin
- Rheumatoid Arthritis - is a disease that causes inflammation of the joints
- Gout - tiny crystals of uric acid form in the joints

Is There a Treatment for Arthritis?

There is no cure for most forms of arthritis but symptoms can be controlled and eased. It is best if you consult with your doctor to discuss the best management for your arthritis type.

Ways to Take Control and Live with Arthritis:

Here are some simple measures to control your symptoms and live with arthritis:

- Find out what type of arthritis is affecting you and learn about your treatment options.
- Stay active: exercise to help keep joint moving, reduce pain and strengthen muscles around affected joints. Physiotherapists can give advice about suitable exercises, including exercises in water.
- Learn ways to manage pain: these may include medications, which you should discuss with your doctor.
- Manage tiredness: learn to balance rest with your normal activities.
- Keep within a healthy weight range.
- Protect your joints: find out about equipment that can make tasks easier. Occupational therapists can give advice about suitable equipment.
- Seek support if you feel scared, frustrated, sad or angry. Get help if they start affecting your daily life.