

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

December 2020

December is Arthritis Month



RHEUMATOID ARTHRITIS IS MORE THAN JUST JOINT PAIN

RA is a systemic disorder, which means it can affect the body as a whole.

- The hands, feet, wrists, elbows, knees and ankles are the most common joints affected by RA. Joint effects are also symmetrically perceived, so if your left knee is affected, it's usually also your right one.

More than just joints, inflammation may also have an effect.

- Some people have skin, lungs, and heart issues. Compared to the general public, individuals with RA have a 48 percent elevated risk of heart disease. Not all patients advance to the same degree of severity of the illness.

RA SYMPTOMS ARE A WARNING SIGN

- If not managed properly, persistent inflammation resulting from RA could lead to permanent, irreversible joint damage. That's why rheumatologists recommend early diagnosis and aggressive treatment when appropriate.

Rheumatoid Arthritis (RA)

- **DISEASE TYPE**
- RA is a systemic autoimmune disease, meaning that it can impact the whole body
- **SYMPTOMS**
- RA can also include symptoms such as fever, fatigue, and loss of appetite, in addition to joint pain, swelling, and stiffness
- **LOCATION OF SYMPTOMS**
- RA often affects joints symmetrically, meaning it can cause swelling in pairs of joints, particularly smaller joints (such as both hands, or both ankles)
- **TIME OF DAY**
- RA is generally worse in the morning, after long periods of rest, or after lack of activity
- **AGE OF ONSET**
- RA can occur at any age, but usually occurs between 30 and 60 years of age in women, and later in men
- RA affects approximately 1.5 million people in the US

Osteoarthritis (OA)

- **DISEASE TYPE**
- OA only affects the joints, and can be caused by factors such as genes, weight, injury, or overuse
- **SYMPTOMS**
- OA symptoms can include joint pain, stiffness, and decreased range of motion
- **LOCATION OF SYMPTOMS**
- OA may not affect both sides of the body, and can affect weight-bearing joints (such as back, hip, or knee), as well as the neck, small finger joints, and big toe
- **TIME OF DAY**
- OA tends to get worse throughout the day from activity
- **AGE OF ONSET**
- OA usually affects people later in life, most commonly in people 65 years of age or older
- **PREVALENCE**
- OA affects approximately 27 million people in the US

Normal



Rheumatoid Arthritis



Get 1-on-1 personalized support at no cost to you. [Call 1-800-655-3097](tel:1-800-655-3097).

Jingle Bell Run for Arthritis Month:
<https://www.arthritis.org/events/jbr>

<https://usj-ezproxy.usj.edu:2139/pharmacology/education/disease-information?di=336>
https://www.ra.com/what-is-rheumatoid-arthritis/about-ra?cid=ppc_ppd_ggl_ra_de_arthritis_Phrase_usimmr200037

Jerry Edouard, PharmD Candidate

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