

Arthritis

Arthritis is a common medical condition that affects the joints, causing pain, inflammation, stiffness, and decreased mobility. There are various types of arthritis, but the two most prevalent ones are osteoarthritis and rheumatoid arthritis.

1. **Osteoarthritis:** This is the most common form of arthritis and typically occurs as a result of wear and tear on the joints over time. It often affects the weight-bearing joints such as the knees, hips, and spine, as well as the hands. Osteoarthritis can cause joint pain, stiffness, swelling, and reduced range of motion. Risk factors for developing osteoarthritis include advancing age, joint injury, obesity, and genetics.
2. **Rheumatoid arthritis:** This type of arthritis is an autoimmune disease in which the body's immune system mistakenly attacks the joints, leading to inflammation and damage. Rheumatoid arthritis commonly affects the small joints in the hands and feet but can also involve other joints. It typically causes joint pain, swelling, stiffness, fatigue, and systemic symptoms such as fever and weight loss.

Other types of arthritis include psoriatic arthritis, gout, juvenile idiopathic arthritis, and ankylosing spondylitis, among others. Each type has its own specific characteristics and treatment approaches.

Treatment for arthritis aims to alleviate pain, reduce inflammation, preserve joint function, and improve quality of life. It often includes a combination of medications, lifestyle modifications, physical therapy, and sometimes surgery in severe cases.

It's important for individuals with arthritis to work closely with your doctor at SunStar Clinics to develop a personalised treatment plan that suits their specific needs and helps manage the symptoms of the condition.