

Title:

Arthritis Basics

Word Count:

1206

Summary:

Arthritis signals people in a variety of ways. Joints might crack suddenly, like knees upon st

Keywords:

arthritis, treatment of arthritis, cure of arthritis, prevention of arthritis

Article Body:

Maybe pain occurs, like when trying to open a jar. What's it all about? Let's look at the basi

Arthritis actually means ^joint inflammation~ and has over 100 related conditions or type / fo

The two most common types of arthritis are osteoarthritis (OA) and rheumatoid arthritis (RA).

The second type, RA, refers to the body's immune system attacking joint tissue. Still not full

Similar symptoms include pain, stiffness, fatigue, weakness, slight fever and inflamed tissue

A difference in OA and RA to note is with swelling. With RA, people report ^soft and squishy~

There is no specific age for arthritis sufferers. While it can affect every age group, it seem

Although there are no cure-alls for arthritis, there are a variety of pain relief treatment st

Also note if you suspect you may have arthritis, it is advisable to seek medical advice. Beacu

#### Types Of Arthritis

There are many ways to effectively manage arthritic pain today to find relief. Available are a

After osteoarthritis (OA) and rheumatoid arthritis (RA), three other major types of arthritis

Systemic Lupus Erythematosus (SLE) ~ This form of arthritis mainly affects women. It develops

Ankylosing Spondylitis ~ This form or arthritis affects the spine and can also affect the ankl

Gout ~ This is a painful affliction mainly for men, about one million of them in the United St

#### Science Of Arthritis

Joints can handle some heavy pressure. For example, knees handle a force of three to four time

Now for the science of this scenario. Where two bones meet, called the joint, the bone ends ar

This cartilage is sturdy, elastic and spongy or compressible, and keeps the bones from moving

Other parts of the body features involved with this arthritic scenario include muscles, tendon

The exact science of what actually causes arthritis is still being researched. For most of the

INFLAMMATION

Arthritic joints can be affected with inflammation when bacteria or a virus (or other undesira

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