

Title:

Arthritis: Not Just for the Senior Citizens

Word Count:

557

Summary:

While arthritis usually affects aging men and women, most people are not aware that there are

Keywords:

arthritis pain relief

Article Body:

There is a general misconception that arthritis is an age-related medical condition that afflicts only the elderly. Arthritis, also known as joint inflammation, is defined as an inflammation of one or more joints. Cartilage is responsible for protecting the joints and serves as a shock absorber when pressure is applied to the joints. Arthritis, or joint inflammation, can be due to the following causes:

- Broken Bones;
- Infections that are usually caused by bacteria or viruses;
- An autoimmune disease (the body attacks itself because the immune system believes a body part is foreign);
- General "wear and tear" on joints.

Generally, as soon as the injury heals, the inflammation disappears. The infection is treated with antibiotics. People suffering from arthritis experience the following symptoms:

- Joint pain
- Joint swelling
- Stiffness, especially in the morning
- Warmth around a joint
- Redness of the skin around a joint
- Reduced ability to move the joint

Arthritis is a condition that can occur in men and women of all ages. Other types of arthritis include:

- Rheumatoid arthritis (in adults)
- Osteoarthritis (middle age and above)
- Juvenile rheumatoid arthritis (in children)
- Systemic lupus erythematosus (SLE)
- Gout
- Scleroderma
- Psoriatic arthritis
- Ankylosing spondylitis
- Reiter's syndrome (reactive arthritis)
- Adult Still's disease
- Viral arthritis
- Gonococcal arthritis
- Other bacterial infections (non-gonococcal bacterial arthritis)
- Tertiary Lyme disease (the late stage)
- Tuberculous arthritis
- Fungal infections such as blastomycosis

Osteoarthritis, being the most common type, is a chronic disease which causes the cartilage between the bones to wear away. There are many factors to consider before your doctor can prescribe arthritis pain relief treatment. Eliminating the underlying cause of the arthritis is one of the goals for treating arthritis. Lifestyle changes and exercise can greatly help in improving the condition of those suffering from arthritis.

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