

Arthritis

What is it?

Arthritis is not one single condition, there are over 120 kinds of Arthritis affecting one or more joints, bones and muscles in the body. The different kinds of arthritis fall into two main categories: Degenerative Arthritis or Osteoarthritis and Inflammatory Arthritis such as Rheumatoid Arthritis.

Do you have:

- ♦ *Pain or joint stiffness*
- ♦ *Swelling*
- ♦ *Muscle weakness*
- ♦ *Constant tiredness*
- ♦ *Weight loss*

See your doctor to discuss self-management of these symptoms



ARTHRITIS

This brochure has been produced as a resource for our patients.

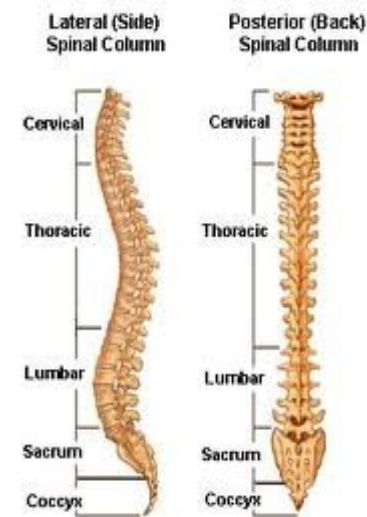
Any questions regarding your health should be discussed with your doctor.

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Burwood HealthCare

PATIENT HEALTH INFORMATION



ARTHRITIS

Arthritis



The two main categories of Arthritis are:

Degenerative Arthritis or Osteoarthritis which is a breakdown of the cushion like tissue inside joints called cartilage.

Inflammatory Arthritis such as Rheumatoid Arthritis which results from inflammation in the joints (redness, warmth and swelling).

OSTEOARTHRITIS

- ♦ Usually begins after the age of 40
- ♦ Usually develops slowly over several years
- ♦ Often begins in joints on one side of the body
- ♦ Usually doesn't cause inflammation
- ♦ Affects only some joints
- ♦ Doesn't cause a general feeling of sickness

RHEUMATOID ARTHRITIS

- ♦ Usually begins between ages 25 and 50
- ♦ Often develops suddenly
- ♦ Usually affects the same joint on both sides of the body
- ♦ Causes inflammation in the joints
- ♦ Affects many joints
- ♦ Often causes a general feeling of sickness,

Arthritis and Exercise

Studies show that people with Arthritis can benefit from exercise in many ways. Exercise reduces joint pain, increases flexibility and muscle strength, helps with weight loss and contributes to well-being.

How does Exercise fit in with treatment?

Exercise is part of a comprehensive arthritis treatment plan that may also include rest and relaxation, a nutritious diet, medication and instruction on correct use of joints, as well as the use of pain relief methods.



A Well Balanced Diet

Along with exercise, a well balanced diet is an important part of a treatment program and helps people stay healthy and manage their body weight.

Extra weight puts added pressure on some joints and can aggravate many types of Arthritis.

For people with Gout, attention to diet is important. Alcohol and foods high in purines such as organ meats (liver, kidney), sardines, anchovies and gravy should be avoided.

Further Information

Burwood Health Care

Marcus N.Y. Yim Bach. Of Physio (Hons)
Qualified Arthritis Physiotherapist

Marlene Jackson B.App.Sci.
Health Educator

Arthritis Victoria

Information regarding types of Arthritis,
self-help tips, aids, equipment, diet and
self-management courses.

Ph: 03 8531 8000 or 1800 011 041
www.arthritisvic.org.au

Chronic Illness Alliance

Information regarding Chronic Illness
organisations and resources.

Ph: 03 9882 4654
www.chronicillness.org.au

Books

Taking Charge of Arthritis
by Larry Katzenstein

Arthritis Helpbook
by Dr Kate Lorig and Dr James Fries

Available through Arthritis Victoria