

## Rheumatoid Arthritis

Rheumatoid arthritis is a chronic inflammation of most joints, and can damage the organs of the body, including the skin, eyes, lungs, heart, and blood vessels.

### Cause:

The cause of rheumatoid arthritis is not fully understood, although it is generally known that an abnormal immune response has played a role in arthritis and joint damage. The cause of this imbalance in response is uncertain, but there is scientific evidence that genes, hormones and environmental factors are major players.

researchers indicate other factors, such as: Bacterial or viral infections, obesity, the body's response to stressful events such as: Physical or emotional trauma. Exposure to cigarette smoke or air pollution, for example, with pesticides, exposure to metals and silica.

### Symptoms:

1. Pain and stiffness in most joints, such as thumbs, with the pain increasing in the morning
2. Inflammation of one joint such as the shoulder.
3. Weight loss, depression and tiredness of the body.

### Diagnosis:

1. Medical history.
2. Clinical screening
3. RF tests
4. Anti-citrullinated peptide antibodies



#### Risk factors:

1. Age.
2. Gender:
3. Family history.
4. Smoking.
5. Excess weight
6. Hereditary factors.

#### Complications:

1. Depression .
2. Spread of inflammation
3. Inflammation of blood vessels.
4. Lymphadenopathy.
5. Dry eye syndrome.
6. Anemia.

#### Treatment:

- **Non-drug therapy includes:**
  1. patient education
  2. Rest and exercising
  3. Vaccination to reduce the chance of infection.
- **Drug therapy, including:**
  1. NSAID
  2. DMARDS

#### Prevention:

1. Weight loss.
2. Early diagnosis
3. Taking medications regularly
4. Healthy diet and exercising



وزارة الصحة  
Ministry of Health

### Frequently Asked Questions:

- **How does Rheumatoid arthritis develop?**  
In most cases it develops gradually.
- **What joints are affected by rheumatoid?**  
Small joints like finger and hand joints.
- **Is rheumatoid common?**  
Yes, it is a common disease.

### Clinical Health Education Department

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