

Various Types of Arthritis

Contrary to what others believe, Arthritis doesn't only have an effect on men and women of the age bracket of 40 and above. In fact, research shows in which early signs of Arthritis, such as joint pain, shows to be able to person as young as 16. You may think that Arthritis is a simple situation of the joints where swelling occurs, what others do not realize is that Arthritis could be a sign of a more serious and complicated health conditions.

There are plenty of diseases which involves with arthritis such as osteoarthritis, rheumatoid arthritis, **gout** and lupus. These diseases have one thing in common, the symptoms including joint pain, swelling in the joint, stiffness specially in the morning, warmth, and redness of the skin around the joint, fever swings, too much fatigue and bumps and lumps. These symptoms frequently vary with regards to the kind of arthritis you've got.



Osteoarthritis the most frequent type of arthritis between aged men is caused by a wear and tear of the joint. It comes with old age as they say or may come as a result of an injury. It is not curable and could be managed with a healthy way of living and prevention through physical rehabilitation and exercise. Gout, another type of arthritis, is caused by the deposition of **uric acid** crystals around the joint that makes it very painful to move specifically in the event that inflammation was at its worst. Some other patients with **Gouts** usually lose purpose to the joint affected.



Joint PainGoutUricUric AcidGouts

Rheumatoid Arthritis is the most dangerous kind of arthritis regarding it doesn't only affect the joints but other parts of the body too. It is usually a condition where immune system hits the healthy tissues on our bodies. It could possibly cause deformity of the body if not taken care of well and will go on to attack without proper management and medications. It is not yet apparent what might cause Rheumatoid Arthritis nonetheless with early diagnosis; one could have actually a normal living. Lupus is yet another autoimmune disease quite comparable with rheumatoid arthritis, nevertheless the pain is much more severe as well as damage to the organs are severe.

Arthritis is the Most Leading Cause of Disability Around the World

As simple as it may sound, but osteoarthritis ought to be treated with utmost care and fear the same as any other diseases. For all you know, you only have joint pain, next thing you lost an arm or a leg. What exactly is important is have a regular check up in order to the doctor, have a healthy lifestyle and exercise. That is if you don't want to go through the pain of having Joint disease.

To know more on how to deal with arthritis and joint pain, visit my profile and check out my websites.



“ **Domenic Golden**

Domenic is a head content marketing specialist at musclenstress.com, a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.

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