



Arthritis

Arthritis may be caused by inflammation (in-flah-MAY-shun), of the tissue lining the joints. Some signs of inflammation include redness, heat, pain, and swelling. There are several types of arthritis. The two most common ones are osteoarthritis (AH-stee-oh-ar-THRY-tis) and rheumatoid (ROO-mah-toyd) arthritis.

Osteoarthritis is the most common form of arthritis. This condition usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteoarthritis follows an injury to a joint. For example, a young person might hurt his knee badly playing soccer. Or someone might fall or be injured in a car accident. Then, years after the individual's knee has apparently healed, he might get arthritis in his knee joint.

Rheumatoid arthritis happens when the body's own defense system doesn't work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases
http://www.niams.nih.gov/Health_Info/Arthritis/default.asp#b

About.com: Arthritis

<http://verywell.com/arthritis-4014761>

Discusses what arthritis is, diagnosis, treatment and living/coping with the disease.

About.com: Osteoarthritis

<http://verywell.com/osteoarthritis-basics-4014565>

Osteoarthritis causes, diagnosis, symptoms, and treatment.

Arthritis Foundation

<http://www.arthritis.org/>

1355 Peachtree Street NE; Suite 600

Atlanta, GA 30309

Toll-free Help Line: 00-283-7800

Phone: 404-872-7100

Covers topics such as fitness and nutrition as well as information on research and resources.

Arthritis Foundation: Local Office Finder

<http://www.arthritis.org/local-offices/>

Enter your ZIP code to go directly to the closest office near you or select a state from the map to view that state's local office information.

Arthritis National Research Foundation

<http://www.curearthritis.org/>

19200 Von Karmen Ave., Suite 350

Irvine, CA 92612

Phone: 800-588-2873

Email: info@curearthritis.org

Funds cutting-edge research for treatment cure and eventual end to the suffering of more than 46 million Americans with arthritis and related diseases.

The Arthritis Society

<http://www.arthritis.ca>

393 University Ave., Suite 1700

Toronto ON M5G 1E6 Canada

Phone: 800-321-1433

Searching for the underlying causes and subsequent cures for arthritis, and promoting the best possible care and treatment for people with arthritis.

Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion: Arthritis

<http://www.cdc.gov/arthritis/>

1600 Clifton Road

Atlanta, GA 30329-4027

Phone: 800-232-4636

TTY: 888-232-6348

Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 19 million adults. The CDC Arthritis Program is working to improve the quality of life for people affected by arthritis and other rheumatic conditions by working with states and other partners to increase awareness about appropriate arthritis self management activities.

Johns Hopkins Arthritis Center

<http://www.hopkins-arthritis.org/>

Mason F. Lord Center Tower

5200 Eastern Ave. Suite 4100

Baltimore, MD 21224

Provides patient and physician resources, research and "Ask the Expert" section.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases:
Living with Arthritis**

http://www.niams.nih.gov/Health_Info/Arthritis/default.asp

Easy-to-read information for patients and their families.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases –
Osteoarthritis**

<http://www.niams.nih.gov/health-info/osteoarthritis/default.asp>

Booklet describes osteoarthritis and its symptoms and contains information about diagnosis and treatment, as well as current research efforts supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS).

National Institute on Aging: Osteoarthritis

<https://www.nia.nih.gov/health/osteoarthritis>

Easy-to-use website features basic health and wellness information for older adults from the National Institutes of Health. The section on arthritis has been split into three individual topics to provide more detailed information: gout, osteoarthritis and rheumatoid arthritis.

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