Arthritis

Abi Harrison-Nye

Symptoms

- Persistent joint pain, tenderness, and stiffness.
- Swelling or redness around the affected joints.
- Reduced range of movement and muscle weakness.

Age & Gender

- Most common in people over 40, though it can start at any age.
- Females are more likely to develop both osteoarthritis and rheumatoid arthritis.

Misconceptions

- It's not just 'wear and tear' from getting older.
- It's not just a few aches. It can cause severe, debilitating pain.
- It doesn't only affect the elderly.

Diagnosis

- GPs use blood tests to check for inflammation or specific antibodies.
- X-rays, MRI, or ultrasound scans identify joint damage and inflammation.

Treatment

- Painkillers and anti-inflammatory drugs help manage daily symptoms.
- Physiotherapy improves joint flexibility and strengthens the surrounding muscles.

Support

- Provide ergonomic equipment like vertical mice or padded keyboards.
- Allow for flexible breaks if they need to move or rest stiff joints.
- Be mindful that their mobility and pain levels can change daily.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

AbiHarrisonNye.dev