

## What is Ankylosing spondylitis?

Ankylosing spondylitis (pronounced “ank-kih-low-sing spon-dill-eye-tiss), or AS for short, is a disease that causes inflammation of the spinal joints (vertebrae), ligaments, and tendons. Sometimes AS involves hips, shoulders, and less commonly hands, feet, and knees.

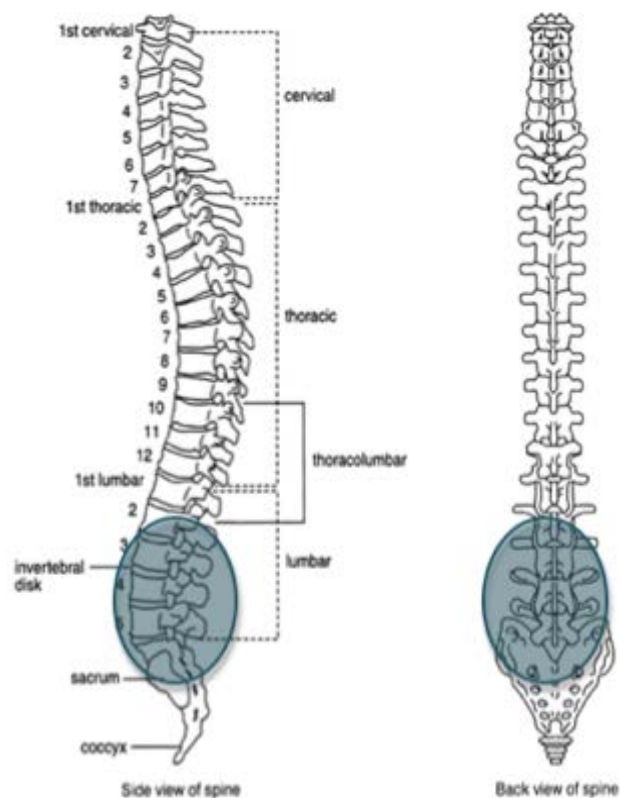
AS causes pain and stiffness (hard to move) in the lower back and neck. If not treated adequately or on time, the inflammation can lead to deformities (something that is not a normal shape) and lead to decreased movement at the spine.

Inflammation from AS can also affect other parts of the body, including the eyes, heart, lungs, and bones.

### What are the most common symptoms of AS?

- Pain and stiffness
- AS usually affects your spine- lower back and neck
- AS can also affect your shoulders and hips
- Joint stiffness (hard to move)- can be severe, especially in the mornings or late at night, and can last several hours
- Usually starts in the 20's or 30's
- Feeling tired or loss of energy

Normal Spine



No one is sure what causes AS.

AS starts in the 20's or 30's. It is unlikely to start after age 45.

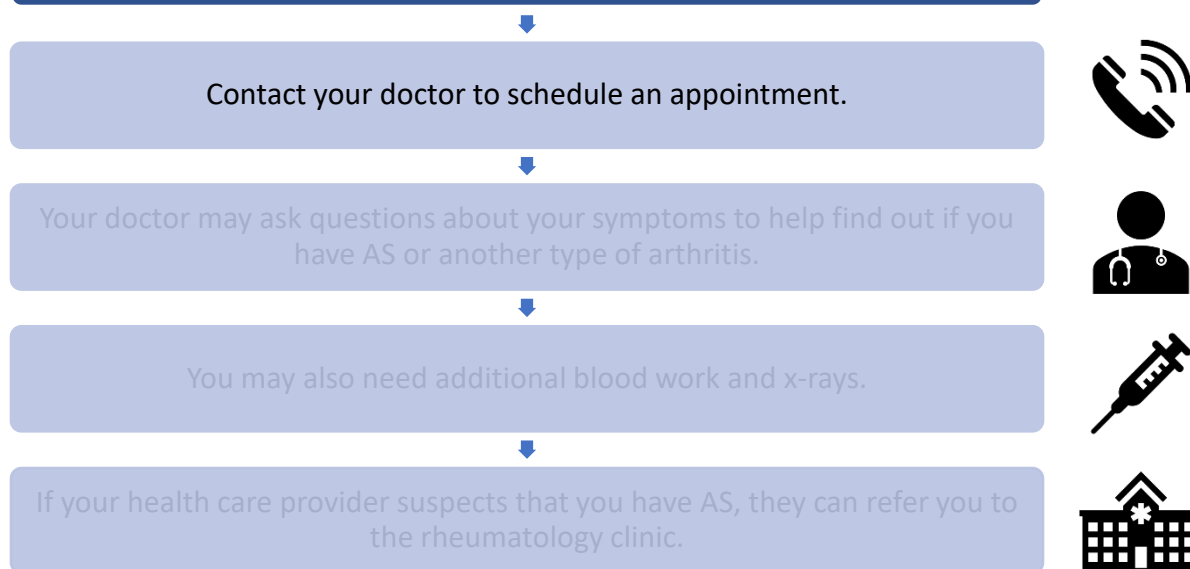
Men are more likely than women to get AS.

People with close family members with AS or similar diseases are more likely to get AS.

## More about AS:



## What should you do if you think you have AS?



### Contact information for the URM C Rheumatology Clinic:



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