Supporters

- Deaf Health Talks is possible through the support of:
  - Rochester Recreation Club for the Deaf ("REAP")
  - Deaf Health Community Committee (DHCC)
Goals of Presentation

- What is Arthritis?
- What are its symptoms?
- What causes Arthritis?
- How to diagnose Arthritis?
- What are treatments and drugs for Arthritis?
- Questions & Answers Time
Joint Structure (Knee)

- Joint:
  - Cartilage
  - Synovium
  - Joint Capsule
  - Bone
  - Muscle
  - Tendon

Photo: 400px-Joint.png on en.wikipedia.org
What is Arthritis?

- Arthritis is an inflammation of a joint or joints
  - Joints are areas that the body can flex or extend
  - Inflammation is a type of swelling

Photos: knee_osteoarthritis.jpg
What are its symptoms?

- Arthritis Symptoms
  - Joint pain
  - Joint stiffness
  - Joint swelling
  - Unable to move joint
  - Redness over joint
Where does arthritis happen?

- Can happen in any joint
- Most common sites:
  - Knees
  - Hips
  - Back
  - Ankles
  - Shoulders
  - Hands and fingers
What causes arthritis?

- Common Causes:
  - Osteoarthritis
  - Autoimmune
    - Rheumatoid arthritis
    - Lupus
  - Gout
Osteoarthritis
Osteoarthritis

- Joints get worn out (degenerative joint disease)
  - Risk factors:
    - Obesity/heavy weight
    - Injuries to joints (sports injuries, car crashes)
    - Infections
    - Old age
Autoimmune (Rheumatoid Arthritis)

- In rheumatoid arthritis, the body's immune system attacks joints and synovium
- The disease can eventually destroy cartilage and bone within the joint.
- Risk Factors
  - Women > Men
  - Family History
  - Young (25-50 years old)

Rheumatoid Arthritis (cont)

- Joint pains tend to be on both sides
  - Stiffness tend to not go away quickly after waking up - 1-2 hours long
- Common sites: hands, feet, wrists, elbows and ankles
- Other symptoms: fever, feeling tired
- Can affect the heart and lungs

Rheumatoid Arthritis (cont)

- Most people will need special medication treatments
  - Medications are to reduce immune response that causes damage to body
  - Treat pain
  - Medications require monitoring due to side effects
    - Can harm liver and blood cells
    - Can increase risk for infections

- Rheumatologist (joint doctors)

Lupus

- Inflammatory arthritis due to autoimmune disorder
- Affects many parts of the body—not just the joints
  - Can damage the lungs, kidneys, heart
- More common in:
  - Women
  - African-Americans
  - Pregnancy
**Lupus**

- Symptoms are many:
  - Rashes: butterfly-shaped rash across the bridge of the nose and cheeks
  - Sensitivity to sunlight
  - Skin ulcers
  - Arthritis
  - Kidney problems

- Treatments vary but try to reduce symptoms and immune response

http://www.cedars-sinai.edu/Patients/Health-Conditions/Lupus.aspx
Gout

- Caused by deposits of uric acid
  - Uric acid causes damage to joints
  - Very painful!!
- Risk factors:
  - High uric acid diet
  - Men

Photo 1: arthritishubs.com; Photo 2: arthritisdiseasefacts.com
If you have gout, you should eat a low purine diet which helps

- Limit meat, poultry, and fish. Animal proteins are high in purine.
  - Limit your intake to 4 to 6 ounces
- Eat more plant-based proteins. You can increase your protein by including more plant-based sources, such as beans and legumes.
- Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body.
  - Beer appears to be the worst!

http://www.mayoclinic.com/health/gout-diet/MY01137
Gout (cont)

- Choose low-fat or fat-free dairy products
  - Eating this may help reduce risk of gout
- Eat more complex carbohydrates (whole grains, fruits and vegetables).
  - Avoid “white foods”- white bread, sugar, white flour
- Key is to drink plenty of fluids and to lose weight if you are heavy!

http://www.mayoclinic.com/health/gout-diet/MY01137
Treatments for Arthritis

- Joint injections ("cortisone shots")
- Physical therapy
- Weight loss
- Exercise
- Medications
Joint Injections (Knee)

- Injections use medications that reduce pain and inflammation
  - Corticosteroid
  - Lidocaine

- Same approach can be used to drain knee

Photo: http://www.sciencephoto.com/media/200522/enlarge
Arthritis Medications

- Non-steroidal
  - Alleve (naproxen) - max 1,000 to 1,500 mg daily
  - Advil (ibuprofen) - max 1800 to 2400 mg daily
  - Aspirin (many take this for heart protection)
    - Max is 4,000 mg daily but avoid high dose

- Caution- these medications can increase risk for the following:
  - Stomach bleeds
  - High blood pressure
  - Talk with your doctor if you have heart or bleeding issues
Arthritis Medications

- Tylenol (acetaminophen)
  - Caution with taking too much which can damage your liver
  - Recommended dose is no more than 2,400-3,000 mg daily
  - Tablets come in different sizes (325 mg, 500 mg, 650 mg)
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Alternative Treatments

- Glucosamine Chondroitin Sulfate- 1,500 mg daily
  - Slow acting- need to try for 3 months to see if works but very safe
- Yoga or Tai Chi
  - Can strengthen joints and reduce pain
- Acupuncture may also help
- Omega-3 fatty acids (fish oil)- may help
Tests

- Laboratory tests
- Blood: Can be done to check for autoimmune (rheumatoid or lupus)
- Xrays: Can check to see how severe the joint appears
- Joint Fluid: Helps to check to see which type of arthritis you have (only can be done if have swelling)
Tests

- MRI: Checks ligament and cartilage damage
  - very expensive - must be a good reason before ordering
- Arthroscopy: Done by orthopedics - insert a small tube and camera into the joint to see what the joint looks like
Arthroscopy

Photo: Arthroscopy3-375x300.png
Other Arthritis Issues

- Thumb Joint ("Blackberry thumb")
  - Over time, can cause arthritis from heavy use of pagers and smartphones
- Not all arthritis is due to the joint
  - Tendonitis
  - Muscle tears/strains
  - Infection
  - Injuries and Bruising
Questions???

- Thank you!

- Next Deaf Health Talk on March 15- “Dental Health” by our very own Deaf Dentist, Christopher Lehfeldt!