



WHAT IS ARTHRITIS?

You might have arthritis if you feel pain and stiffness in your body or have trouble moving around. There are different kinds of arthritis. Most kinds of arthritis can cause pain and swelling in your joints.

WHAT ARE THE CONSEQUENCES?

Joints are places where two bones meet. They make movement possible. A swollen joint can become severely damaged over time. This could result in:

- Persistent pain
- Inability to control joints
- Joint deformities or disability
- Problems in your organs
- Other serious illnesses

RISK FACTORS FOR ARTHRITIS

- Increased age
- Gender (women)
- Genetics
- Overweight and Obesity
- Joint Injuries
- Infection
- Occupation

WARNING SIGNS AND SYMPTOMS

Speak with your doctor if you notice any of these symptoms in and/or around your joints:

- Pain
- Swelling
- Stiffness
- Redness
- Decreased ability to move

DIAGNOSIS

- To see if you have arthritis, your doctor will need a complete medical history and perform physical examination.
- Fluid might be taken out of the inflamed or swollen joints to determine the cause of the arthritis.
- Blood tests, X-rays, CAT scans, and MRIs can also be used to diagnose arthritis.

TREATMENTS

There is no cure for most types of arthritis. Some treatments you could try are:

- Taking medicine to slow and control arthritis
- Doing physical therapy
- Wearing splints and/or using canes
- Weight management
- Surgery

PREVENTIONS

There are three things you can do to prevent arthritis:

- Exercise regularly (e.g. Tai Chi)
- Maintain healthy weight
- Prevent injuries to joints

To register for Tai Chi Classes, please call NEMS Health Education Department at (415) 391-9686, ext. 5843

Sources:

- Centers for Disease Control and Prevention
- National Institute of Health

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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甚麼是關節炎？

如果您覺得身體上的關節疼痛和僵硬，行動不便，您可能患有關節炎。關節炎有不同種類。大多數種類的關節炎會引起關節疼痛和腫脹。

有甚麼後果？

關節是骨與骨的連接點（兩塊骨頭接觸的地方）。它們讓您移動身體的各部分。隨著年歲的增長，腫脹的關節可以變得嚴重受損。這可能會導致：

- 持續性疼痛
- 無法控制關節
- 關節變形及殘障
- 其他器官問題
- 其他嚴重疾病

關節炎的危險因素

- 年齡增加
- 性別（女）
- 基因
- 超重和肥胖
- 關節曾受損傷
- 某些細菌或病毒感染
- 職業

徵兆和症狀

如果您注意到關節或關節附近有任何以下的症狀，請諮詢您的醫生。

- 疼痛
- 腫脹
- 僵硬
- 發紅
- 活動受限制

診斷

- 要診斷關節炎，您的醫生將需要一個完整的病史，並進行體檢。
- 您的醫生可能在您發炎或腫脹的關節抽取關節液，以確定原因。
- 血液檢查，X-光片，CAT 掃描，核磁共振也可用於診斷關節炎。

治療

大多數類型的關節炎沒有治癒方法。

您可以嘗試使用一些治療方法：

- 服藥減緩和 control 關節炎
- 做物理治療
- 戴夾板或用手杖
- 體重管理
- 手術

預防

有三件事情可以做，以防止關節炎：

- 定期運動（例如：太極）
- 保持正常的體重
- 防止關節受傷

如需要報名太極運動班，請致電東北醫療中心健康教育部：(415)391-9686 轉內綫 5843。

資料來源：

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- National Institute of Health

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