

## Living with Arthritis

### **What Is Arthritis?**

Many people start to feel pain and stiffness in their bodies over time. Sometimes their hands or knees or shoulders get sore and are hard to move and may become swollen. These people may have arthritis. Arthritis may be caused by inflammation of the tissue lining the joints. Some signs of inflammation include redness, heat, pain, and swelling. These problems are telling you that something is wrong.

Joints are places where two bones meet, such as your elbow or knee. Over time, in some types of arthritis but not in all, the joints involved can become severely damaged.

There are different types of arthritis. In some diseases in which arthritis occurs, other organs, such as your eyes, your chest, or your skin, can also be affected. Some people may worry that arthritis means they won't be able to work or take care of their children and their family. Others think that you just have to accept things like arthritis.

It's true that arthritis can be painful. But there are things you can do to feel better.

The helpful booklet [Living with Arthritis Easy-to-Read Information for Patients and Families](#) from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, provides facts about arthritis and gives you some ideas about what to do, so you can keep doing many of the things you enjoy. Topics covered include:

- What Are the types of arthritis?
- What are the symptoms of arthritis?
- What causes arthritis?
- Is there a test for arthritis?
- How is arthritis treated?
- Who treats arthritis?
- Living with arthritis

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National Institute of Arthritis and Musculoskeletal and Skin Diseases

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