

ANKYLOSING SPONDYLITIS IS AN AUTOIMMUNE ARTHRITIS OF SPINE AND CAN AFFECT ALL BONES/JOINTS OF THE BODY. IT CAUSES INFLAMMATION, FATIGUE AND PAIN (SOMETIMES LESS, SOMETIMES SEVERE, BUT NEVER GOES AWAY). ITS A LIFE-LONG DISEASE.....

TREATMENTS:-

- USE NUTRIENTS
- EXERCISE
- TEMPORARY PAIN-KILLER MEDICINES
- VALUE LIFE, SHAKE DEPRESSION, **SPAIN**

IMMUNE SYSTEM'S RESPONSE
IMMUNE SYSTEM HELPS PROTECT THE BODY FROM HARMFUL SUBSTANCES/DISEASES.

TAKE CARE OF YOUR BODY. ITS THE ONLY PLACE YOU HAVE TO LIVE-IN!

A GLIMPSE OF FLARE (WHEN THE DISEASE IS COMPLETELY ACTIVE) - ANKYLOSING SPONDYLITIS

OTHER FACTORS:

- BREATH DIVERGE
- FATIGUE
- CONSTANT PAIN
- LOWER BODY REFUSES TO BEAR UPPER BODY'S WEIGHT (MUSCULAR WEAKNESS)

INFLAMMATION IN WHOLE BODY; YOU NEVER KNOW WHEN FLARE LASTS.....

IF YOU STILL HAVE THE COURAGE AFTER LOOSING ALL, YOU CAN BE REST ASSURED THAT YOU HAVEN'T LOST ANYTHING

IF "PAIN" HAS VISIBLE COLORS THEN ASERS WOULD BE THE MOST COLORFUL PEOPLE ON EARTH

DON'T LET "PAIN" TAKE OVER YOUR SMILE

PAIN COLOR SCALE

- HORRIBLE
- SEVERE
- MODERATE
- OCCASIONALLY
- 24 HOURS MILD PAIN

FACT ABOUT A.S:- THE FUSION OF SPINE LEADS TO "MORNING STIFFNESS", WHICH NOT ONLY CAUSES SEVERE PAIN, BUT ALSO RESTRICTS MOBILITY OF THE BODY FOR CERTAIN TIME PERIOD....

STIFFNESS, PAIN & MOBILITY OF A BODY CAN ONLY GET BETTER AFTER DOING STRETCHING EXERCISES, AND SLOW MOVEMENT OF A BODY

WHY DON'T YOU GO FOR A MORNING WALK? WHY DON'T YOU FEEL FRESH AFTER A LONG SLEEP??

MY PAINFUL CHRONIC ILLNESS IS MORE REAL THAN YOUR IMAGINARY MEDICAL EXPERTISE!!

START EACH DAY THINKING THAT ITS JUST A BAD DAY-NOT A BAD LIFE!!!