

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.....



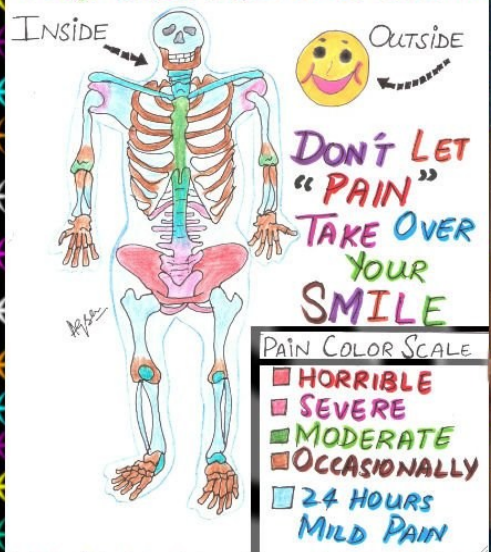
TREATMENTS:-
 → USE NUTRIENTS
 → EXERCISE
 → TEMPORARY PAIN-KILLER MEDICINES
 → **VALUE LIFE; SHAKE DEPRESSION; SMILE**

TAKE CARE OF YOUR BODY. ITS THE ONLY PLACE YOU HAVE TO LIVE-IN (JIM ROHN)

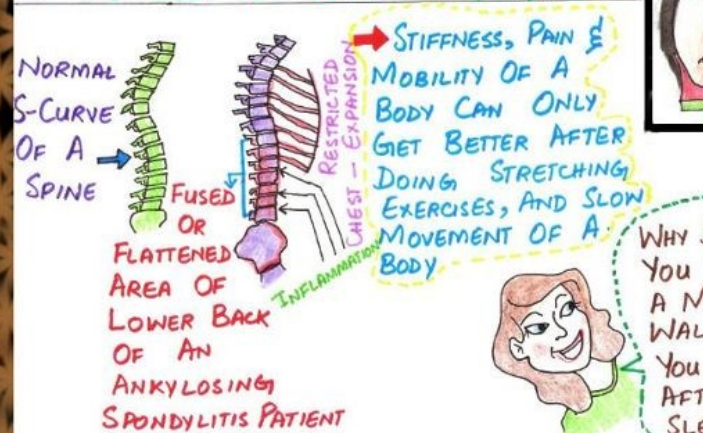
A GLIMPSE OF FLARE (WHEN THE DISEASE IS COMPLETELY ACTIVE) - ANKYLOSING SPONDYLITIS



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



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....



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 !!!