


Types of Arthritis
Do YOU know the differences?

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Onset Before Age 18 Onset Typically Between 20-40 Onset Typically After 55

So...DO YOU know the differences? See below.

Juvenile Arthritis (form of Autoimmune Arthritis)



Onset Before Age 18

Juvenile Idiopathic Arthritis (formerly known as Juvenile Rheumatoid Arthritis, now divided into 3 subcategories), Juvenile Spondyloarthropies, Juvenile Psoriatic Arthritis, Juvenile Scleroderma, Juvenile Systemic Lupus Erythematosus

Juvenile Arthritis is an Autoimmune Arthritis, meaning unlike "common arthritis", it is caused by a faulty immune system, not by wear and tear or age. It is systemic, meaning "whole body", so it affects the joints, connective tissues, and organs. It often presents itself with flu-like symptoms, possible chronic fever and unexplained pain that feels like an injury. Common symptoms include pain, swelling, tenderness and stiffness of joints, causing limited range of motion, rash, high fevers, and problems with the skin, eyes, and blood vessels. Treatment includes nonsteroidal anti-inflammatory drugs (NSAIDs) to help control pain and inflammation. In addition to these medications, disease-modifying anti-rheumatic drugs (such as methotrexate) are often used in conjunction with NSAIDs to treat joint inflammation and reduce the risk of bone and cartilage damage.

Corticosteroids, such as prednisone, can be taken orally to relieve inflammation or injected into affected areas. In addition to these medications, low-grade chemo drugs called "biologics" are often prescribed to slow down the disease progression. Fortunately, some children who develop Autoimmune Arthritis and who are treated aggressively can go into remission prior to adulthood.

Autoimmune Arthritis



Onset Typically Between 20 & 40

but can occur at any age. Rheumatoid Arthritis, Ankylosing Spondylitis, Scleroderma, Systemic Lupus Erythematosus, Psoriatic Arthritis, Reactive Arthritis, Still's Disease, Mixed or Undifferentiated Connective Tissue Disease

Autoimmune Arthritis is caused by a faulty immune system, which causes the body to attack otherwise healthy joints and connective tissues. This type of arthritis is systemic (or "whole body") which means it can occur anywhere in the body at any time, even at rest. Because it is not joint specific, it can involve organs, most commonly the skin, eyes, lungs, brain, blood vessels, heart or nerves. While the disease varies from person to person, and some choose a holistic approach, the only proven method of treatment to induce remission is through the use of mild, chemo-grade medications called 'biologics'. These biologics, given through injection or infusion only, cost the average patient \$10,000-\$40,000 annually. In addition to these medications, disease-modifying anti-rheumatic drugs (such as methotrexate) are often used in conjunction with NSAIDs to treat joint inflammation and reduce the risk of bone and cartilage damage. In addition to joint and connective tissue involvement, autoimmune arthritis disease can cause nausea, fevers, and severe and debilitating fatigue.

“Arthritis”



Onset Typically Over the Age of 55

but can occur at any age. Also called Osteoarthritis.

Osteoarthritis is a gradual wearing away or thinning of the cartilage cushions surrounding weight-bearing joints. It is brought on by age, obesity, heredity, joint injury or overuse. It is also known as "degenerative arthritis". In contrast to Autoimmune Arthritis, where pain is caused by the immune system flaring, then resulting in eventual joint destruction, the pain felt by Osteoarthritis is caused by the already damaged cartilage, and is aggravated by use. Although this type of arthritis is classified as non-inflammatory, it does not mean that there is no inflammation involved-it just means that the inflammation is not the cause of the problem. This type of arthritis pain is localized, and only affects the joints. While over-the-counter and nutritional adjustments often treat this type of arthritis, the degeneration can become severe, resulting in surgery or joint replacement. In addition to ibuprofen and other pain reducing creams, NSAIDs are often prescribed to treat joint inflammation and reduce the risk of bone and cartilage damage.

So, did YOU know the differences?