

Rheumatoid Arthritis

Things You Really Need To Know

This is a FREE eBook

From Wycliffe Williams

Are you among the many individuals who suffer from Rheumatoid Arthritis? You are not alone. It's estimated that approximately 2.1 million adults are affected by rheumatoid arthritis in the United States alone, and most of its sufferers are women. Although the disease can strike at any age, most people who are diagnosed with rheumatoid arthritis are between the ages of 40 and 60.

Rheumatoid arthritis is a common disorder. It affects the joints and the tissues surrounding them and is considered to be an autoimmune disease. In an autoimmune disease, the body's immune system, which is supposed to protect a person from infection and disease, turns on the individual instead of working to protect him or her from these conditions. In addition to Rheumatoid arthritis, other examples of autoimmune disorders are lupus, multiple sclerosis, and Graves' disease.

Rheumatoid Arthritis Symptoms

When making a diagnosis of rheumatoid arthritis, a doctor will be looking for symptoms that are present on both sides of the body (symmetrical pattern). You may have rheumatoid arthritis if you are experiencing the following:

Inflammation

Rheumatoid arthritis makes the joints hot, red, and swollen. This combination of symptoms is known as inflammation.

Stiffness

Another symptom of rheumatoid arthritis is stiffness. The affected joints simply don't work as well as they once did. Rheumatoid arthritis can reduce the range of motion of affected joints. A number of people with the disorder find that the stiffness is most pronounced first thing in the morning and gradually lessens as the day goes on.

Pain

Pain is the body's way of signaling that something is wrong. In the case of rheumatoid arthritis, the pain can be caused by inflammation. The level of pain with rheumatoid arthritis will vary, depending on the individual.

Other Symptoms of Rheumatoid Arthritis

Other symptoms that go with this disease are as follows:

- * Fatigue or Lack of Energy
- * Muscle pain
- * Loss of appetite and/or Weight Loss

With these types of symptoms, it is not uncommon for a person to think that they have the flu. The symptoms that directly affect the joints are what lead doctors to make a diagnosis of rheumatoid arthritis.

Chronic Illness

Since this form of arthritis can last for a number of years, it is considered a chronic condition. That does not mean that the sufferer will have symptoms on a continuous basis; a person can be symptom-free for long periods of time.

Joint Damage

Rheumatoid arthritis is also a progressive disease. Over time, the joints may become damaged by the inflammation. The bones, ligaments, and cartilage can deteriorate and the joint becomes deformed over time. It is not uncommon for rheumatoid arthritis to run in families.

Getting Diagnosed

If you suspect you may have rheumatoid arthritis, the first step to being diagnosed is to see your doctor. He or she will take a medical history and examine the joints to check for inflammation and signs of deformity. The doctor may order x-rays and/or blood tests. To get the correct diagnosis, you patient may be sent to a rheumatologist (a doctor who has specialized training in rheumatic diseases).

Because one of the signs of rheumatoid arthritis is joint swelling found on both sides of the body the doctor will look for symmetry of inflammation. If the swelling is only present in one or two places, it becomes more challenging for a doctor to make a diagnosis of rheumatoid arthritis. It may be possible that you have a different form of arthritis.

Remission

A person with rheumatoid arthritis does not necessarily have symptoms of the disease all the time. It is possible for them to go into remission. Being in remission does not mean that the person is cured, it simply mean that he or she in not experiencing inflammation at the present time.

Causes of Rheumatoid Arthritis

To date, the cause of this disorder remains a mystery. Research is being conducted in an attempt to find out what the trigger is for the disease. It has been suggested that bacteria or viruses play a role, but this has yet to be proved. Another theory is that environmental factors are to blame.

Scientists have recently been able to find a link between smoking and the onset of rheumatoid arthritis. Smoking increases a person's risk of developing rheumatoid arthritis. This is yet another reason to stay away from tobacco products.

A person's environment may also influence whether or not they develop rheumatoid arthritis. It is possible that genetic factors may make certain people more likely to develop the disorder. Many feel that something in the environment acts as a trigger. Scientists are investigating whether a virus or a bacterial infection may be responsible.

Yet another theory about the cause of rheumatoid arthritis is that hormones play a role in the disorder. Women tend to develop the disease more than men. During pregnancy, symptoms may subside only to flare up again post-delivery.

Juvenile Rheumatoid Arthritis

Rheumatoid arthritis is not only a disease that affects adults. Children can and do suffer from it as well. Almost 300,000 children in the United States live with some form of arthritis. Of these, 50,000 have been diagnosed with juvenile rheumatoid arthritis.

Causes of Juvenile Rheumatoid Arthritis

As in the adult version, the cause of juvenile rheumatoid arthritis is unknown. Research done to date indicates that it too is an autoimmune disorder. The body's defenses against disease and infection turn on the body itself. It releases chemicals that cause the joints to become inflamed and painful.

Types of Juvenile Arthritis

Pauciarticular Juvenile Rheumatoid Arthritis affects up to four joints in the body. Pain, swelling, and stiffness are all symptoms of this disorder. Knee and wrist joints are especially vulnerable.

If five or more joints are affected, then the young person has Polyarticular Arthritis. Girls are more susceptible to the disorder than boys. As in adult rheumatoid arthritis, the individual may develop nodules (bumps or swelling around joints). Pain and swelling of the joints of the hands, hips, knees, and ankles may be experienced. The child may also develop a low-grade fever.

The third form of juvenile arthritis is known as Systemic Juvenile Rheumatoid Arthritis. As the name implies, it affects the entire body. Symptoms include a high fever that spikes in the evening and breaks, a rash, and swollen lymph nodes. The spleen may become enlarged. As the disease progresses, the joints become swollen, stiff, and painful.

Getting a Diagnosis

To make a diagnosis of juvenile rheumatoid arthritis, the doctor will start with a complete medical history and a physical examination. Further testing may be ordered, including:

Blood tests to check red and white blood cells and platelets. A blood culture to check for bacterial infections may be ordered. The rheumatoid factor test may also be ordered.

Bone marrow tests and/or a bone scan may also be conducted. These will help doctors pinpoint the cause of pain in the bones and joints.

The doctor may also refer the child to an orthopedic surgeon for a consultation. The specialist may wish to take a sample of the fluid surrounding the joints or the material lining the joints for examination.

Treatment for Juvenile Rheumatoid Arthritis

Treatment options for juvenile rheumatoid arthritis are much the same as for adults. Anti-inflammatory medications may be prescribed. A course of physical therapy may also be part of the treatment plan.

Regular physical activity will likely be recommended. The doctor or physical therapist will be able to recommend activities that are less likely to put stress on irritated joints.

The symptoms of juvenile rheumatoid arthritis can start off looking like the flu or a virus. Be alert for a fever that spikes in the evening and disappears which is accompanied by a rash. If you have concerns about your child's health, be sure to consult with your family doctor.

Rheumatoid Arthritis Treatment

For a person who has been diagnosed with rheumatoid arthritis, there are a number of treatment options available. Medications and surgery are two ways to attempt to control symptoms.

Medications for Rheumatoid Arthritis

Non-Steroidal Anti-Inflammatory Agents

Non-steroidal anti-inflammatory agents (NSAIDs) are often used to treat rheumatoid arthritis. A really great NSAID is [“Amazing Arthritis Relief”](#). Many have found it to be very helpful in relieving Arthritis pain.

For those who take Aspirin. It has been known to cause stomach upset and rheumatoid arthritis sufferers must take multiple doses during the day. Most doctors recommend one of the newer NSAIDs like [“Amazing Arthritis Relief”](#) to their patients. If the patient is prescribed a long-lasting NSAID, he or she may have less difficulty with joint stiffness first thing in the morning. (Long-lasting medications are taken only once or twice per day, as opposed to every four hours.)

Should you decide to take [“Amazing Arthritis Relief”](#) you will start to experience relief from inflammation within about an hour. After about four weeks, the doctor will be able to evaluate how well the medication is working.

Carol Hatson suffers with rheumatoid arthritis on a daily basis. She took the [“Amazing Arthritis Relief”](#) and this is what she said...

"I live in a cold climate and suffer with rheumatoid arthritis almost everyday. I've tried prescription drugs and over-the-counter medications with really no true answer for my chronic pain. I came across your website one night when I couldn't sleep and wanted to give your product a shot. In just a couple days I noticed how the pain in my fingers and wrists greatly diminished. Even my knees are feeling so much better. Just last week, I walked the mall with my daughter and I still feel great."

-Carol Hatson, Belfast, Great Britain

Before you go any further, why don't you check out the [website too!](#)

Disease-Modifying Anti-Rheumatic Drugs (DMARDs)

Disease-modifying anti-rheumatic drugs (DMARDs) are prescribed in an attempt to slow down the damage to joints caused by rheumatoid arthritis. DMARDs can be taken in conjunction with an NSAIS or a corticosteroid medication. It is important that DMARD therapy be started shortly after diagnosis.

It takes a period of time before DMARDs start to take effect. The other prescribed medication will help to relieve pain and inflammation, but DMARDs must be taken for several weeks (in some cases, months) before the patient gets the full benefit from the drug.

Surgery for Rheumatoid Arthritis

If a person is in a lot of pain from rheumatoid arthritis, then surgery may be recommended. Surgery may be performed to:

- * Remove inflamed tissue around the joint
- * Relieve severe neck pain and/or nerve difficulties
- * Replace the knee or hip joint (Full or partial replacement)

Since rheumatoid arthritis can and does affect joints in various parts of the body, surgery may not be the best way to proceed if the symptoms are concentrated the small joints of the hands and/or the feet.

After joint replacement surgery, the person may have enough physical relief to be able to perform normal activities but the joint will likely not be normal again. The best results for patients are obtained when surgery is performed on the wrists (carpal tunnel release), the feet, the knees, and hips.

To find out whether surgery is the best treatment option for your particular situation, consult with an orthopedic surgeon. All forms of surgery carry some risk, and you will need to consider whether the likely benefits of the surgery outweigh the risks.

Rheumatoid Arthritis Diet

Some people with rheumatoid arthritis find that certain foods seem to contribute to flare-ups of the symptoms associated with their condition. Are there steps you can take to determine which food or group of foods might be responsible? You bet!

Process of Elimination

The way to find out whether a certain food is the culprit is to by process of elimination. Keep track of what you are eating on a daily basis, as well as the severity of your symptoms. If the symptoms start to worsen, then cut out the foods you think may be responsible.

Slowly add these suspect foods back into your diet, one at time. Allow several days between each re-introduction. Keep track of your symptoms as you do so.

When you get to the point where you have a new flare-up, it's a safe bet that you have found a food that will trigger a worsening of your rheumatoid arthritis symptoms. That particular food should be avoided.

Foods to Avoid

Foods that are high in acid are more likely to trigger a flare-up of rheumatoid arthritis symptoms. Some examples of these foods are:

- * Coffee
- * Tea
- * Processed foods
- * Salt
- * Fried foods

Balanced Diet

Even if you do not find that eating certain foods tends to trigger a worsening of your symptoms, it is a good idea to eat foods from all the food groups. (This is good advice even for people who do not have rheumatoid arthritis). Be sure to include fruits and vegetables, whole grains, and lean protein in your diet.

Maintain a Healthy Body Weight

Since rheumatoid arthritis affects weight-bearing joints (hips, knees, and ankles), try to keep your weight in the normal range. If a person is overweight, the extra pounds add to the stress on the already-painful joints. If surgery is deemed necessary, being overweight can increase the likelihood of complications.

Fish Oils

According to some studies consuming fish oil can help to relieve inflammation in the joints. Liquid fish oil is recommended for this purpose. Take the fish oil without stirring and drink juice immediately afterward. The omega-3 fatty acids in the product are thought to help reduce inflammation.

Before starting to take fish oil for rheumatoid arthritis, consult with your doctor. He or she needs to be aware of any other substances you are taking. Fish oil can have an effect on the effectiveness of certain medications.

Vitamins and Rheumatoid Arthritis

Research has shown that consuming Vitamin D may prevent rheumatoid arthritis. A study followed more than 29,000 women between the ages of 55-69 over an 11-year period. 152 of the participants in the study developed rheumatoid arthritis.

The women who consumed the most Vitamin D were the least likely to develop the disease. Vitamin D is found in milk. A one-cup serving contains 100 IU (International Units) of the vitamin. Vitamin D can also be found in cod liver oil (1360 IU/tablespoon) and salmon (425 IU/three-ounce serving).

Exercise and Rheumatoid Arthritis

For those people with rheumatoid arthritis, exercise may be the last thing they feel like doing. If you have inflamed, painful joints, the discomfort alone may be enough to discourage you from trying to exercise. Couple that with the fact that rheumatoid arthritis can impair one's range of movement, and it certainly makes being physically active challenging, to say the least.

Benefits of Regular Exercise

Regular physical activity along with [“Amazing Arthritis Relief”](#) should be part of your treatment plan for dealing with rheumatoid arthritis. There are a number of benefits to regular exercise when you have RA. These include:

- Exercise releases endorphins, the body's feel-good hormones. People who exercise may be experience less pain than those who do not exercise.
- Exercise strengthens muscles and joints. It also helps to keep bones strong.
- Exercise also improves one's outlook and self-esteem.

Types of Exercise for Rheumatoid Arthritis

Stretching exercises can be performed by almost anyone. They are very simple to perform; simply stretch a group of muscles slowly and hold for between 10-30

seconds. By including stretching exercises as part of your routine, you will increase flexibility.

Resistance training is another option for those with rheumatoid arthritis. Working out with weights helps to strengthen muscles. Start off with light weights and slowly build up to heavier ones.

Aerobic exercise should also be part of your exercise routine. Aerobic exercise strengthens the heart and lungs. Choose low-impact aerobic exercises to decrease the likelihood you will put extra stress on your joints. Good choices are swimming, cycling, and using an elliptical training machine.

One of the best (and most economical) exercises is walking. Almost anyone can do it and it doesn't require any special equipment except for a comfortable pair of shoes. Going for a walk outside is a wonderful way to relieve stress, as well. Some people find that walking in a nature area or along the beach is a great way to take their mind off their troubles.

It is important to check with your doctor before starting any type of exercise program. Once you have been given the all-clear to begin, start off slowly.

Exercises to Avoid

Generally speaking, it is a good idea to avoid high-impact exercise, such as jogging. Ask your rheumatologist for a list of recommended exercises. A physical therapist can also help to design an exercise program that will fit your needs.

Becoming More Active

If the idea of trying to "add" exercise to your daily routine is too daunting, you may want to try gradually increasing your level of activity. There are ways to add some exercise into your day without having to schedule a large block of time for this purpose. Here are some examples:

- Try taking the stairs instead of the elevator.
- Park further away from your destination instead of close to the door.
- Take your children or grandchildren to the park and play with them.

There are a number of advantages to adding exercise to your routine if you have rheumatoid arthritis. You will increase your range of motion and likely have less physical discomfort from the disorder. Find something you enjoy doing and include it as part of your lifestyle.

Alternative Treatments for Rheumatoid Arthritis

When it comes to treatment for rheumatoid arthritis, many people search for alternative treatments. Many people believe these to be helpful. These alternative therapies can be used with [“Amazing Arthritis Relief”](#) as part of an overall treatment plan. Consider these options to see if they are right for you:

Massage Therapy

Massage therapy is a good choice in that it helps to relax muscles. It can also help to reduce physical discomfort, relieve stress, and lower blood pressure. For people with rheumatoid arthritis, it can help to relieve muscle stiffness and reduce the discomfort caused by inflammation.

A recent study has shown that massage therapy helps to increase grip strength in the hands of those suffering from arthritis. Participants in the study were given a hand massage once a week for a four-week period. In addition, they were asked to massage their own hands on a daily basis.

Not only did their grip strength increase, but they reported less pain after the four weeks had elapsed. As a group, they were also less anxious after undergoing a course of massage treatments.

Acupuncture

Acupuncture has been a part of Chinese medicine for over 2,000 years. It is based on the idea that the body has natural energy patterns. When these patterns are out of balance, pain and sickness result.

The acupuncturist uses thin needles, heat, magnets, pressure, and other methods to stimulate certain regions of the body, known as meridians. It is believed that when the meridians are treated in this way, the energy flow of the body will be brought back into balance.

Acupuncture has been found to be an effective treatment for the pain caused by osteoarthritis. Individuals who live with rheumatoid arthritis have reported relief from their symptoms; however, this has not yet been proven through controlled studies.

Hydrotherapy

The word hydrotherapy means "water healing." Both hot and cold springs were used by ancient peoples for healing purposes. In the case of people with rheumatoid arthritis, a number of forms of hydrotherapy can be used.

The simplest is the hot "all over" bath. Fill the tub with water (as hot as you can stand), adding scented oils or herbs, if desired. The water level should be high enough to cover your shoulders as you recline in the tub. Soak until the water cools. The warmth will help to relax muscles, relieve pain, and improve joint mobility.

For the hands and feet, the hot-and-cold method is recommended. Place a bowl of hot water and one of cold water in front of you. Place the hands or feet first in the hot water for about one minute, then put them in the bowl of ice water for about 20 seconds. Repeat the process for a total of 10 minutes. The process should finish with a cold-water plunge.

These treatment options may be helpful in controlling the symptoms of rheumatoid arthritis. Massage therapy and hydrotherapy are non-invasive and would be good choices. Acupuncture is invasive and although the risk of infection is minimal, it does exist. It is always a good idea to weigh out the potential risks

and benefits before starting any form of treatment, alternative or otherwise. Again, consult your health professional to help you make the right decisions about alternate treatments.

Natural Remedies for Rheumatoid Arthritis

In addition to prescribed medications, there are a number of natural remedies that can be used to treat rheumatoid arthritis. As I have already stated, before taking any type of alternative treatment, discuss your plans with your doctor. Some herbs and supplements can effect prescription medications that you are taking.

Vitamins and Rheumatoid Arthritis

[“Amazing Arthritis Relief”](#) should be a part of your Rheumatoid Arthritis Relief Program.

Vitamins

Vitamin C and E should be consumed by people with rheumatoid arthritis. Vitamin C helps the body's connective tissues to repair themselves after an injury. If the person has not consumed adequate amounts of Vitamin C, the repair will not be complete.

A Vitamin-C deficiency can cause muscle weakness. Since they are in pain, people with rheumatoid arthritis may already experience muscle weakness due to lack of exercise. A lack of Vitamin-C will add to this problem. Vitamin C can be taken as a supplement or found in such foods as oranges, strawberries, tomatoes, cabbage, and potatoes.

Vitamin E is an antioxidant. All of the body's cells contain a certain amount of fatty acids. Vitamin E protects the fatty acids from oxidization (and breaking down).

To add Vitamin E to your diet, cook with corn, soybean, and sunflower oil. Vitamin E can also be found in fish, eggs, and organ meats.

Minerals and Rheumatoid Arthritis

It is common for people with rheumatoid arthritis to have a zinc deficiency. Zinc is associated with cell growth; a person with a zinc deficiency will experience depression, delayed healing of wounds, and a lack of appetite.

Zinc is found in seafood, milk, eggs, and nuts. It can also be taken in tablet form as a supplement. If you choose to take zinc supplements, take them with a meal to avoid stomach upset.

Fish Oil

As I have already touched on, fish oil is a great addition to the diet of a rheumatoid arthritis sufferer. Fish contains Omega-3 polyunsaturated fatty acids. The Omega-3s are generated by the amount of plankton the fish consumes. There is a higher concentration of plankton in colder water; eat trout or salmon to get the maximum amount of Omega-3s in your diet. Flax seed oil is also a good source of Omega-3s.

Omega-3s have an anti-inflammatory effect on the body. For a person with rheumatoid arthritis, this means they may experience less joint stiffness and/or swelling if they take fish oil supplements or consume fish on a regular basis. The use of anti-inflammatory medication may be reduced or eliminated as a result.

Herbs to Treat Rheumatoid Arthritis

Black cohosh also has anti-inflammatory properties and has been used to treat rheumatoid arthritis. Studies have shown that cat's claw is effective in reducing pain and swelling in the joints.

Ginger is used in Chinese medicine to reduce inflammation. One instance is reported where a man with rheumatoid arthritis included ginger in his diet on a daily basis. After three months, he was pain-free and the swelling had disappeared.

Capsaicin is available in the form of a cream that is applied directly to the skin. This substance is also known as cayenne. It will take from three-seven days to experience pain relief. Wash your hands with vinegar after applying the cream.

These are just a few of the natural remedies that can be used to treat rheumatoid arthritis. Consult with your doctor to see what combination of treatments is the right one for you.

Getting Help for Rheumatoid Arthritis

If you have recently been diagnosed with rheumatoid arthritis, it is normal to experience a number of different emotions. You may feel confused, angry, and have questions and concerns about what the future holds. You can get help to cope with this disease.

It Starts With You

Your own attitude will have a lot to do with how well you manage the disease. While your own thoughts about rheumatoid arthritis do not change your symptoms, they do have a bearing on how well you live with the disorder. We may not be able to choose the circumstances of our lives, but we do have a choice about how we respond to those events.

The first thing you will want to do is learn as much as you can about rheumatoid arthritis. If you understand what is going on in your body, you will be better prepared to ask your doctor questions and evaluate the treatment options he or she is offering. You will be an active participant in your own health care instead of waiting for others to make decisions for you.

Emotions

The person who lives with rheumatoid arthritis will have to make some adjustments in his or her everyday life. It may take some time to find the right combination of treatment strategies that will relieve your symptoms. You will need to be patient with yourself during this time.

Living with rheumatoid arthritis may require some changes and adjustments to the way you are used to doing things. This doesn't mean that you cannot have a good life or that you are no longer capable of accomplishing anything. If you find that you are feeling down and can't get past it, ask your doctor for a referral to a therapist. You may need to be treated for depression.

Join a Support Group

You can find help by joining a support group that meets in person or participate in an online support group. One advantage of an online support group is that you can participate at any time of the day or night. If you have questions or concerns, you don't have to wait until the next scheduled meeting to discuss them. You can post a message at any time that is convenient for you.

Since you would be using a screen name while participating in online discussions, you may find it easier to share your experiences than if you had to go to a meeting and actually see the other group members. There can be a type of safety in online anonymity. You can be honest about your experiences and know that the other members have probably felt the same way themselves.

Through the support of other people with rheumatoid arthritis, you can learn how to talk to your doctor and what coping strategies work for other people with this condition. When you find something that works well for you, you can share this information with others as well.

Being diagnosed with rheumatoid arthritis is never good news. With the support of health care providers, family, friends, and a good support group, it is possible to cope with the disease. Just reach out to others and get the help you need.

Tips for Living with Rheumatoid Arthritis

If you have recently been diagnosed with rheumatoid arthritis, you will likely have questions about how to live with the disorder. Rheumatoid arthritis affects a person both physically and emotionally. Here are some suggestions to help someone who is living with this chronic disease.

Coping With Pain

Rheumatoid arthritis is a painful condition. Not everyone has a constant level of pain every day but living with chronic pain can be very difficult. Taking ["Amazing Arthritis Relief"](#) can help.

Rheumatoid arthritis is painful because of inflammation and long-term joint damage. A person living with chronic pain is also under stress simply because they hurt. The stress from being in pain wears the person down. Someone who is worn out is simply unable to cope as well with circumstances in their life, including their level of pain.

It is possible to live better while experiencing chronic pain. Take steps to educate yourself about pain and what it means. Then learn techniques to help you cope with the pain that you are experiencing.

Medication is only one way to cope with pain. If you have been prescribed medication, do take it as prescribed and at regular intervals. It's important to try

to stay on top of the pain, rather than miss a dose and then have to play catch-up.

Learn how to meditate and/or do relaxation exercises to cope with pain. Another strategy that may help is to distract yourself from the pain by doing something else. Choose something that you enjoy; by focusing your attention elsewhere, you may get some relief. If you are hurting, you also have the option of applying a hot or cold compress to the affected area.

A visit to a massage therapist may also help. If the cost of a session with a massage therapist is keeping you from seeing one, you may want to see if there are any massage therapy schools in your town or city. Schools may offer massages performed by students at a discounted rate.

Emotional Aspects of Rheumatoid Arthritis

Living with chronic pain can affect a person's mental outlook. It is quite normal for a person diagnosed with rheumatoid arthritis to feel frustrated and discouraged from time to time. Feelings of depression and/or anxiety are not uncommon.

It is important that the person with rheumatoid arthritis share his or her feelings with their doctor. They may need to be prescribed an anti-depressant medication and/or seek counseling from a therapist to cope with the pain and their feelings about it.

Asking for help isn't necessarily easy, but it certainly is not a sign of weakness. Joining a support group may be helpful, as well. Part of the problem with living with chronic pain is that it is isolating; the sufferer tends to think that he or she is the only one with the problem and that no one else will understand it. The truth is that there are people who are there to help you when you need it.

Living Well With Rheumatoid Arthritis

We are lucky to live in a time where there are many great treatment options for those suffering from Rheumatoid Arthritis. Strive to learn more about the disease and the things that you can do to help decrease the pain and damage of RA. There are a large number of online and offline resources that can give you much valuable information to help you. When in doubt, ask your doctor to give you some references to the information that you need or to direct you to the help you need.

Living with rheumatoid arthritis is not easy, but help is available. Work with your doctor and other health care professionals to come up with a treatment plan that will work for you to give you the best possible quality of life. You are definitely worth it!

A very important person in my life has had both of her knees replaced because of this debilitating disease, my mother. Her five children have rallied to support her every step of the way. She is doing so much better, although I do believe her walker is no longer needed. My sisters have prevailed upon me not to push her.

To other Arthritis Sufferers,

May God bless you in your daily struggle.

Wycliffe Williams

["Amazing Arthritis Relief"](#)