



## Women's Mid-Life Health Centre of Saskatchewan

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### Arthritis

Do you wake up in the morning stiff and sore, achy and creaky? This may be a sign of osteoarthritis, one of the over 100 diseases in the arthritis family.

**Osteoarthritis** is the "wear and tear" type of arthritis that many of us will get if we live long enough. Joint damage can be made worse by injury to the joint, stresses on the joints from work or physical activity and by being overweight.

**Rheumatoid arthritis** has a very different action on the body. RA is an autoimmune disorder which means the body's own immune system is attacking the tissues of the joints. Pain and inflammation (hot, swollen joints) are common with this type of arthritis.

**Fibromyalgia** is a syndrome which affects the joints and soft tissues of the body causing varying degrees of pain. As a result of the pain many people have difficulty sleeping and will experience fatigue and weakness during the day. Memory is also affected. Some people also experience numbness in joints or muscles.

There are many more diseases and conditions than we can mention here as well as detailed explanations. Find out more about the various types of arthritis, the symptoms, the treatments and the things we may choose to do to either prevent arthritis or to prevent it from getting worse.

Arthritis Society of Canada [www.arthritis.ca](http://www.arthritis.ca)

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