What Is Arthritis?

Knowing the different types of arthritis can help you understand your symptoms

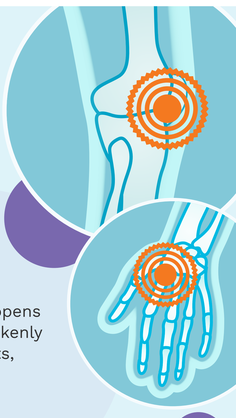


Arthritis is an umbrella term for many different conditions that affect your joints.

Types of arthritis

Osteoarthritis

The most common type of arthritis. It happens when the cartilage that cushions your joints breaks down, causing bones to grind against each other.



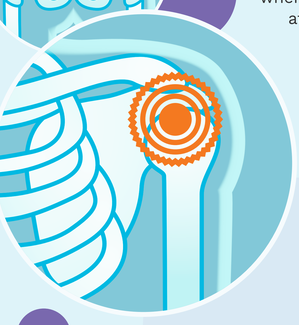
Rheumatoid arthritis

An autoimmune disease that happens when your immune system mistakenly attacks the lining of your joints, causing inflammation.



Psoriatic arthritis

Also an inflammatory autoimmune disease and is linked to the skin disease psoriasis.



Axial spondyloarthritis

A type of inflammatory arthritis that mainly affects your spine.

Juvenile idiopathic arthritis

The most common type of arthritis in kids under 16. It happens when the immune system causes too much inflammation.



Infectious arthritis
(also called septic arthritis)

Happens when an infection spreads from another part of your body to a joint.



Gout

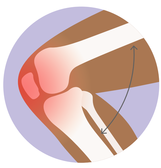
A common form of arthritis that can come on suddenly, often causing intense pain in your big toe.

Common arthritis symptoms

Arthritis can look different depending on the type, but generally causes symptoms such as:



Joint pain and stiffness



Limited range of motion
(ability to move)



Joint swelling



Darker skin around the joints

How arthritis affects your joints

Arthritis causes damage to joints that gets worse over time. This damage to joints can affect your ability to do your normal daily activities. Eventually, it may lead to disability.

Arthritis is treatable

There is no cure for arthritis, but there are many things you can do to support your joints. Medications, along with simple lifestyle tweaks, can help you live better with arthritis.



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