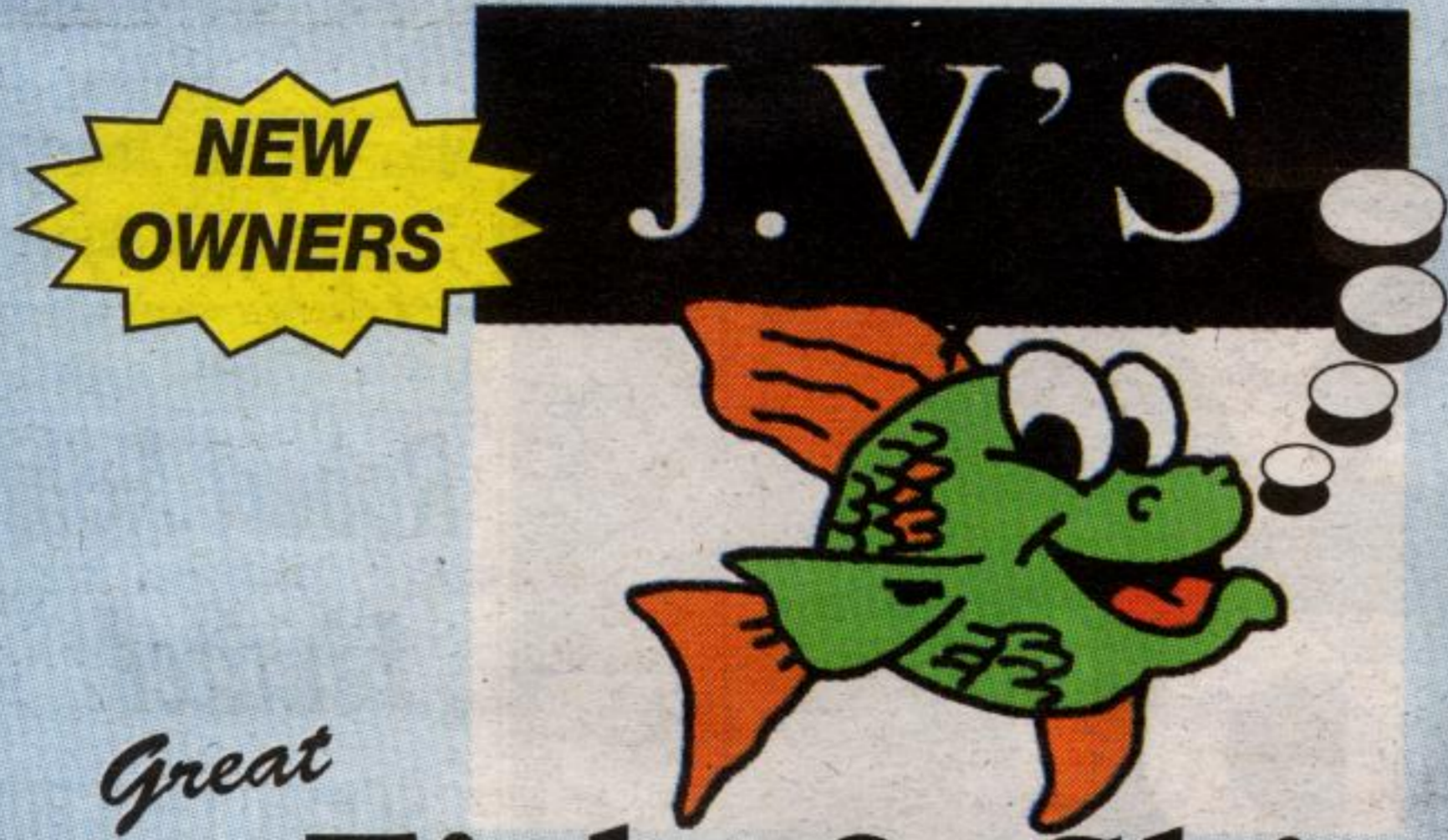


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Stiffness could signal rheumatoid arthritis

Aches and pains, a little bit of stiffness after vigorous activity, that's one thing. The pain and early morning stiffness of rheumatoid arthritis (RA) is quite another. The joint symptoms of RA are persistent. In fact, the morning stiffness and pain tend to worsen and never go away.

That is why it is essential to consult your family doctor when morning stiffness is prolonged. It is one of the first symptoms of RA, which, if diagnosed early, can be controlled with appropriate treatment, including the new biologic therapies and exercise.

Although almost any joint is vulnerable, RA commonly first appears in the small joints of the fingers and toes, as well as the wrists and ankles. The disease often progresses symmetrically, affecting both sides of the body.

Inflamed, swollen joints cause the surrounding muscles and tendons to go into spasm, restricting the joints' range of motion even further. Also, people with sore joints naturally tend not to use them - preferring to limp, or hold a shoulder or elbow close to the body. In the long run, this protective reflex only worsens the pain and stiffness.

For more information and practical advice about RA, contact The Arthritis Society in your area, toll-free, at 1-800-321-1433. Or visit the Arthritis Canada website at www.arthritis.ca. Arthritis Consumer Experts (ACE) provides education and training to people with arthritis. Visit www.arthritisconsumerexperts.org for further information or to register for one of their programs.

—News Canada



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