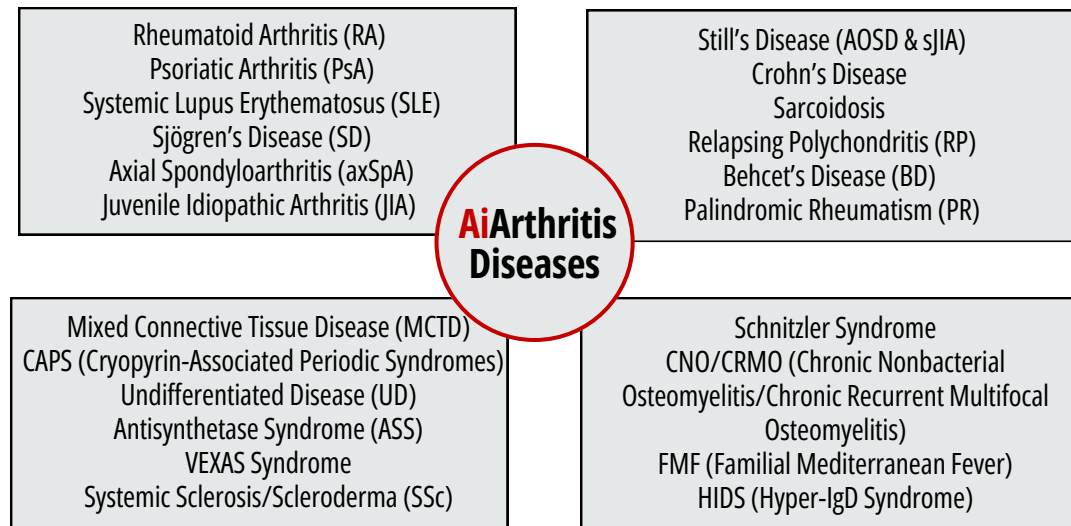


What Are **Ai**Arthritis Diseases?

There are over 100 “auto” diseases, but not all include both “auto” and inflammatory arthritis.

AiArthritis refers to inflammation-driven arthritis linked to **autoimmune** and **autoinflammatory** diseases, where the immune system mistakenly attacks the body’s healthy tissues. These diseases affect not only the joints but also the entire body, including organs and tissues, due to systemic inflammation. Autoimmune diseases, involving the adaptive immune system, are influenced by genetic and environmental factors, while autoinflammatory diseases result from innate immune system reactions, often driven by genetic mutations.

Over 300 million people worldwide are diagnosed with AiArthritis diseases, but the true number may be closer to 450 million due to undiagnosed or undifferentiated cases.



“Only 40% of treatments that go to market will work on people diagnosed with one of our conditions, because our diseases are complex and unique to the individual. This is why what works for one patient won’t work for the next (medications or natural options). Just keep working with your doctor(s) until you find the best treatment or combination for you, you’ll get there!”

-Tiffany W (AiArthritis Staff, Person Living with Non-radiographic Axial Spondyloarthritis)

**WORDS FROM A FELLOW
AiARTHRITIS PATIENT**

Typical “Auto” Symptoms



Inflammatory Arthritis Symptoms



Common in All AiArthritis Diseases



Severe fatigue that isn’t alleviated by rest or stimulants.



Brain fog: also known as cognitive dysfunction, making it difficult to think or concentrate.



Flu-like symptoms without having the flu, including nausea, muscle weakness, and malaise.



Fever: Low-grade in autoimmune diseases (except juvenile idiopathic arthritis), higher in autoinflammatory.



Severe joint stiffness, especially in the morning or after long periods of inactivity. Episodes of joint pain that may last hours to weeks and can shift locations (“jumping pain”).



Inflammatory Arthritis symptoms often coincide with “Auto” symptoms and can flare up suddenly without a clear cause.



Flares: Periods of worsening symptoms that can last hours, days, weeks, or months.



Improvement with Activity: Symptoms improve with exercise and worsen with rest.



Comorbidities: Uncontrolled inflammation can lead to comorbidities, with 70% of patients developing additional diagnoses.



Family history: Autoimmune diseases often run in families due to genetic predisposition, while autoinflammatory diseases result from gene mutations that can be inherited and cause disease.

Systemic Lupus Erythematosus (SLE)



How to pronounce it:

Lupus - loo-puhs

Erythematosus - ery-the-mato-sus

Lupus is a disease where the immune system attacks healthy parts of your body, like joints, skin, and organs. It can be unpredictable, with periods where it gets worse (flares) and times when it gets better.



Symptoms Often Associated with Lupus

These symptoms are in addition to those common in all AiArthritis diseases



Sensitivity to sunlight or fluorescent light causing rash or lesions



Neurologic problems: seizures, strokes or psychosis (a mental health problem), confusion



Organ Involvement: Lung or heart inflammation, kidney problems/nephritis



Hair loss or thinning



Butterfly-shaped rash over the cheeks - referred to as malar rash



Mouth sores



Depression and anxiety



Raynaud's phenomenon - Fingers and toes that turn white or blue when exposed to cold or during stressful periods



Diagnosing Lupus



Diagnosis involves a mix of physical exams, blood tests, sometimes biopsies, and reviewing family history.



Doctors may also use a points system from the American College of Rheumatology (ACR) and European Alliance of Associations for Rheumatology (EULAR) to support their diagnosis.



Blood tests are crucial for diagnosing lupus. Typical markers include low blood cell counts (like anemia or low platelets), positive ANA, specific antibodies like anti-dsDNA, anti-Sm, or antiphospholipid. These abnormal blood results are often required for lupus diagnosis.



Origin of Systemic Lupus Erythematosus (SLE)

SLE, is also known as the "The Great Imitator" because the symptoms are often "imitating" other diseases. Lupus derives from the Latin word for wolf because doctors described the rashes on the face as resembling a wolf's bite. The full name, systemic lupus erythematosus, includes "erythematosus," which means "reddened," referring to the characteristic butterfly rash.



AiArthritis Disease Treatment Options



Lupus Webpage



Patient Journey Resources