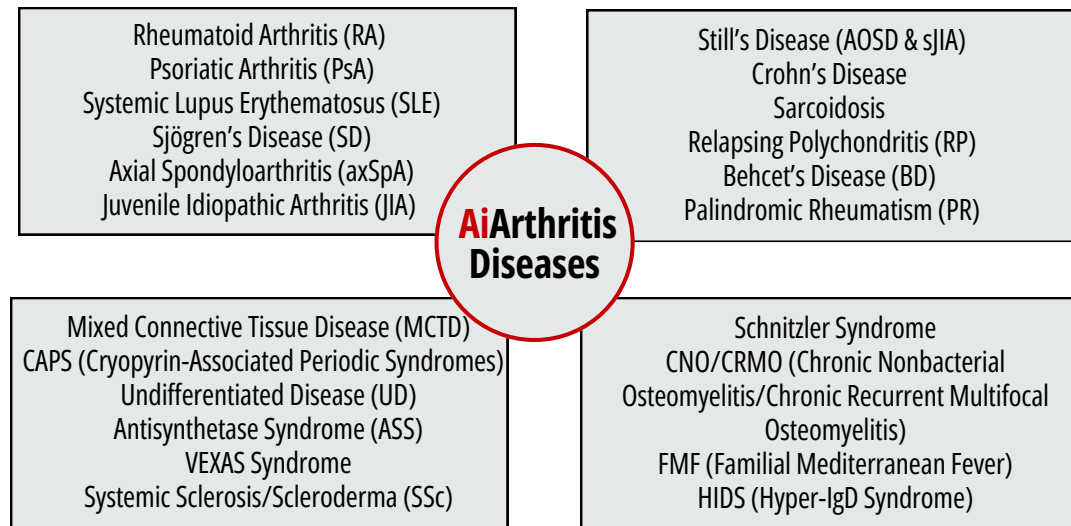


What Are **Ai**Arthritis Diseases?

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.



“Just be aware. When you have an **AiArthritis Disease** you need to figure out what makes good days and bad days. Personally, eating sugar renders me virtually immobile, so I need to make good diet choices.”
-Michael G (AiArthritis Staff, Person Living with Psoriatic Arthritis)

**WORDS FROM A FELLOW
AiARTHRITIS PATIENT**

Typical “Auto” Symptoms



Inflammatory Arthritis Symptoms



Common in All **Ai**Arthritis 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.

Psoriatic Arthritis (PsA)



How to pronounce it:

Psoriatic - So-ri-at-ic

Psoriatic arthritis (PsA) is a chronic inflammatory disease. It affects the joints and often causes enthesitis (inflammation where tendons and ligaments attach to bones). PsA can also impact the skin and eyes. While most people with PsA have a psoriasis rash, it can be hidden (like on the scalp) or may not show up for years.



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& AUTOINFLAMMATORY ARTHRITIS



Symptoms Often Associated with Psoriatic Arthritis



Dactylitis: Swelling of an entire finger or toe, giving it a “sausage-like” appearance. This can make it painful and hard to bend.



Enthesitis: Inflammation where tendons and ligaments connect to bones, often seen in the heels, legs, or chest (costochondritis).



Psoriatic Skin Lesions: Red, scaly patches on the skin that can itch and be painful (they are not contagious).



Nail Changes: Small pits, white spots, cracking, or the nail separating from the nail bed.



Back Pain and Stiffness: Some people experience pain and stiffness in the lower back, neck, or upper back (spondylitis).



Diagnosing Psoriatic Arthritis



There's no single test for PsA. Rheumatologists will use a combination of physical exams, blood tests, imaging (like x-rays), and reviewing family history. During the exam, they will:

- Look for nail pits or skin lesions related to psoriasis.
- Check for swollen or sore joints.
- Screen for enthesitis (inflammation where tendons connect to bones).



Blood tests will check for C-reactive protein (CRP) and rheumatoid factor (RF). Most people with PsA do not have a positive RF. If RF is positive, doctors may consider a diagnosis of Rheumatoid Arthritis (RA) instead.



Chronic symptoms lasting over 6 weeks



Imaging tests, such as x-rays, often focus on the hands and feet to look for damage. PsA can cause unique joint damage not seen in other types of AiArthritis diseases. However, x-rays may not show early signs, so MRIs or other imaging might be needed.



Other symptoms patterns that differentiate PsA from other types of arthritis.

Origin of Psoriatic Arthritis

Psoriatic arthritis wasn't widely recognized until the mid-20th century. Though psoriasis has been known since ancient times, its connection to arthritis wasn't fully understood until researchers began to differentiate it from other forms of arthritis, like rheumatoid arthritis.



**AiArthritis Disease
Treatment Options**



**Psoriatic Arthritis
Webpage**



**Patient Journey
Resources**