

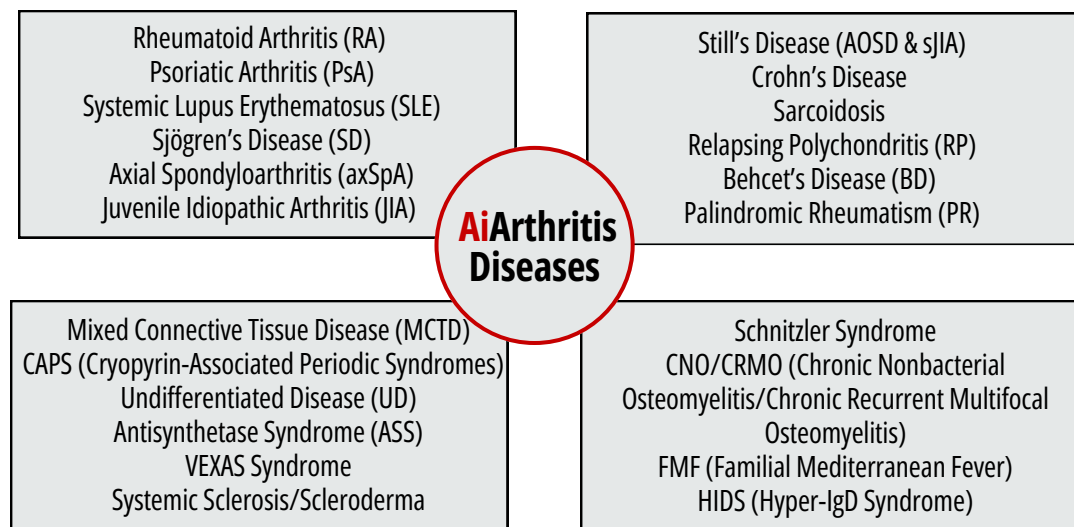
What Are **Ai**Arthritis Diseases?



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.



“
If you feel a treatment isn’t working, or would like to try something new, don’t be scared to seek an opinion from a different provider.”

-Carrie S (AiArthritis Volunteer, Person Living with Adult-Onset Still’s Disease)

**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.



AiARTHRITIS
INTERNATIONAL FOUNDATION FOR AUTOIMMUNE
& AUTOINFLAMMATORY ARTHRITIS



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Rheumatoid Arthritis (RA)



How to pronounce it:

Rheumatoid - roo-muh-toyd

Arthritis - ar-thry-tus



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Rheumatoid arthritis (RA) is a long-term inflammatory condition that can affect your joints, tissues, and organs. Unlike the common arthritis caused by aging or injury (osteoarthritis), RA is an autoimmune disease where the immune system mistakenly attacks healthy tissue.



Symptoms Often Associated with Rheumatoid Arthritis

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



Larger joints in hands (knuckles) are usually affected, but any part of hand



Some patients will have redness and swelling around the joints



More than one joint is affected



Symptoms tend to mirror on both sides of the body, but may start on one side of the body



Firm lumps, called nodules, which grow beneath the skin in places such as the elbow and hands



Feeling of joint "locking," where fingers might stop moving while gripping objects



Diagnosing Rheumatoid Arthritis



Diagnosis involves a mix of physical exams, blood tests, imaging (like x-ray and MRI), and reviewing family history.



Chronic symptoms lasting over 6 weeks



Blood tests can show inflammation (ESR and CRP) or a positive Rheumatoid Factor (RF+), but these are not required for a diagnosis. Many people with RA do not have these markers in their blood.



Swelling, redness, or warmth in the joints (not always present)



Other symptoms that can distinguish RA from osteoarthritis

Origin of Rheumatoid Arthritis

Evidence of RA-like symptoms has been found in skeletal remains of Native Americans dating back to at least 4500 B.C. This suggests that RA has been affecting humans for thousands of years. However, RA was not widely recognized in Europe until the 19th century. The term "rheumatoid arthritis" was coined in 1859 by British rheumatologist Alfred Baring Garrod. "Rheumatoid" comes from the Greek word "rheuma," meaning "that which flows," referring to the characteristic joint swelling.



**AiArthritis Disease
Treatment Options**



**Rheumatoid
Arthritis Webpage**



**Patient Journey
Resources**