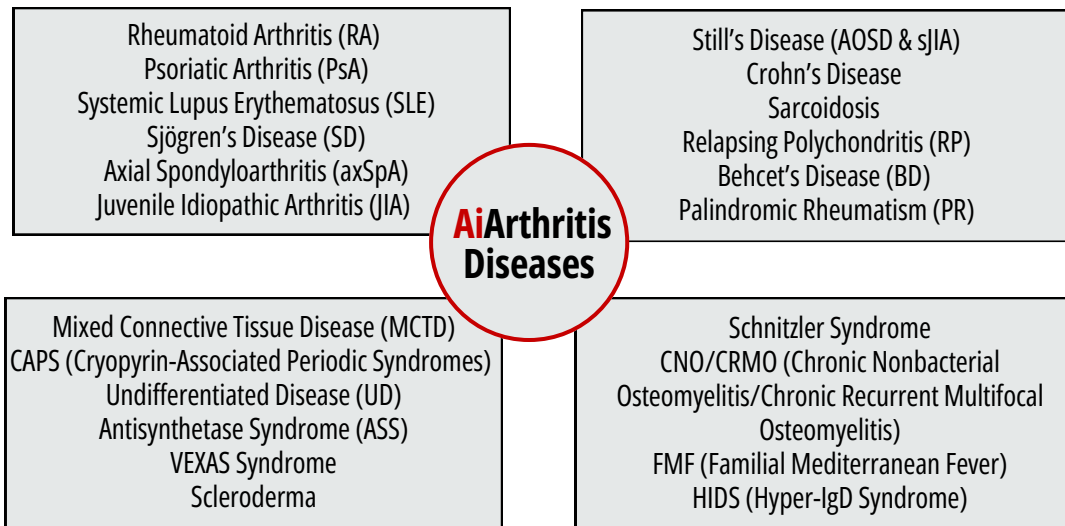


What Are AiArthritis Diseases?

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.



Be honest about how you are doing with symptoms. People cannot help you if they don't know you are struggling.

-Stasha P (AiArthritis Volunteer, Person Living with Rheumatoid Arthritis)

WORDS FROM A FELLOW AiARTHRITIS PATIENT

Typical “Auto” Symptoms



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.



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, indicating a potential genetic predisposition where that gene can cause disease. Autoinflammatory diseases can occur multiple times in a family, but is based off of genetic mutation. It is not a gene that causes the disease, but a mutation on the gene that can cause the disease and the mutation can be passed down.

Inflammatory Arthritis Symptoms



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.

Undifferentiated Disease (UD)

Undifferentiated disease is a term used when someone has symptoms similar to other autoimmune or autoinflammatory diseases, but those symptoms are not specific or severe enough to confirm a single diagnosis. These symptoms may include joint pain, fatigue, muscle pain, skin rashes, or involvement of other organs.

Common types of undifferentiated disease include:

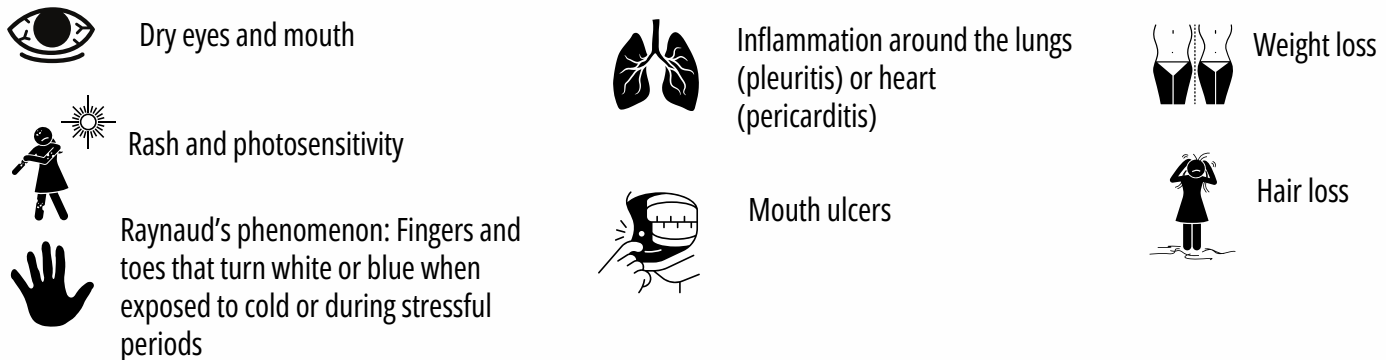
- Undifferentiated Connective Tissue Disease (UCTD)
- Undifferentiated Spondyloarthritis (USpA)
- Unclassified Seronegative Spondyloarthritis
- Undifferentiated Inflammatory Arthritis/Polyarthritis



Symptoms Often Associated with Undifferentiated Disease

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

Given many undifferentiated subgroups can be classified under Undifferentiated Diseases, symptoms may include any of the symptoms associated with any autoimmune arthritis or autoinflammatory arthritis disease, including:



Diagnosing Undifferentiated Disease



Diagnosis involves a mix of physical exams, blood tests, imaging and review of reviewing family history



Doctors evaluate common “auto” symptoms like fatigue, fevers, and muscle pain, then specific features such as skin or organ involvement. If arthritis or joint pain is present, it can help focus the diagnosis of an AiArthritis disease, though the condition may still be labeled undifferentiated if symptoms remain unclear.



Blood tests that show inflammation like ESR and CRP as well as a CBC (complete blood counts) are often ordered



Narrowing the diagnosis to a type of UD helps inform the next steps in treatment and management, even when the disease remains “undifferentiated.” (See UD webpage for more subtype information)

Origin of Undifferentiated Disease

Undifferentiated Connective Tissue Disease (UCTD) was first recognized as a condition in the late 20th century when doctors observed patients with symptoms of autoimmune connective tissue diseases, such as lupus or scleroderma, but without enough specific criteria to be diagnosed with a particular disease. The term “undifferentiated” refers to the fact that the disease doesn’t fully fit into any one category of autoimmune diseases. It remains a useful diagnosis when patients exhibit early or mild autoimmune symptoms that may eventually evolve into a more defined connective tissue disease.



**AiArthritis Disease
Treatment Options**



**Undifferentiated
Disease Webpage**



**Patient Journey
Resources**