



# Arthritis- A Review on Two Types

**Samir Kumar Bandyopadhyay\***

*Advisor to Chancellor, JIS University, India*

**\*Corresponding author:** Samir Kumar Bandyopadhyay, Advisor to Chancellor, JIS University, India

**Submission:** May 10, 2017; **Published:** February 21, 2018

## Introduction

Arthritis is normally inflammation of the joints. Usually it can affect one joint or multiple joints. When you think of arthritis, you think of inflammation. Inflammation is a process in which the body's white blood cells and immune proteins help protect us from infection and foreign substances such as bacteria and viruses. In some diseases, however, the body's defense system (immune system) triggers an inflammatory response when there are no foreign substances to fight off. In these diseases, called auto immune diseases, the body's normally protective immune system causes damage to its own tissues. The body responds as if normal tissues are infected or somehow abnormal. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis and rheumatoid arthritis. Osteoarthritis may produce inflammatory symptoms as well but primarily destroys joint cartilage over time. Rheumatoid arthritis is an autoimmune disorder that produces inflammatory joint symptoms throughout the body. Rheumatoid arthritis is a complex disease with varying symptoms and complications that differ for each patient. Often, rheumatoid arthritis symptoms are confused with osteoarthritis symptoms. This confusion happens commonly during the first signs of arthritic symptoms. Despite the fact that both are types of arthritis cause joint pain, the two diseases have different diagnoses. Interestingly, though the two are chronic and non-curable disease, they are separate conditions with different causes, symptoms, prognoses, and treatments. The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens and younger adults. Arthritis is more common in women than men and in people who are overweight. Osteoarthritis generally develops later in life.

## Symptoms

Rheumatoid arthritis symptoms have a rather rapid onset where the condition can worsen in a matter of weeks. Osteoarthritis symptoms slowly develop and gradually worsen over a long period of time. Rheumatoid arthritis symptoms affect joints all the over the body including hands, fingers, elbows, knees and hips. Osteoarthritis frequently affects the small finger joints and thumb, as well as the knees. Rheumatoid arthritis always affects multiple

joints, whereas osteoarthritis may only affect one particular joint or area of the body.

At the onset of rheumatoid arthritis, symptoms like fatigue, fever, weight loss and loss of appetite are indicative of the disease's development. Osteoarthritis doesn't produce these types of additional symptoms. One common characteristic of rheumatoid arthritis is that it produces symmetrical symptoms, meaning both sides of the body are affected similarly. Osteoarthritis doesn't necessarily produce the same symptoms. It's based entirely on wear and tear levels in individual joints. Rheumatoid arthritis symptoms also include prolonged morning stiffness lasting greater than 30 minutes. Osteoarthritis patients may feel morning stiffness, but it generally subsides within the first 30 minutes.

## Rheumatoid Arthritis

- i. Joint pain, stiffness, swelling affecting multiple joints
- ii. Symmetrical symptoms affecting both sides of the body
- iii. Morning stiffness lasting longer than 30 minutes
- iv. Additional symptoms like fatigue, fever, and malaise

## Osteoarthritis Symptoms

- i. Joint pain and stiffness usually affecting hands, fingers or knees
- ii. Joints on one side affected worse than on the other side
- iii. Morning stiffness lasting fewer than 30 minutes
- iv. Possible spine and hip pain as well

Both diseases are chronic meaning they are long-term. Neither disease has any known cures. Osteoarthritis is degenerative, meaning it will continue to worsen with time. With appropriate treatment, osteoarthritis can generally have a positive prognosis. Rheumatoid arthritis is much more unpredictable. Numerous complications can arise as a because of the autoimmune disorder. In some cases, other conditions like respiratory and cardiovascular diseases can develop. Rheumatoid arthritis patients are also at risk of diseases like lymphoma and lupus. Because rheumatoid arthritis can progress differently in each patient, there is no general prognosis.

## Treatment Strategy

The treatment strategy of rheumatoid arthritis has undergone major changes in the past decades. The introduction of disease-modifying anti-rheumatic drugs and targeted biologic has broadened the therapeutic possibilities, making clinical and radiographic remission an achievable goal [1]. Osteoarthritis is the most common chronic condition affecting patients over the age of 70. It is estimated that in adults over the age of 30, up to 6% of adults are symptomatic of knee arthritis and around 3% are symptomatic of hip arthritis [2, 3]. The prevalence of osteoarthritis increases with age, and with an aging population [4], the effect of this disease will represent an ever-increasing burden on health care. Osteoarthritis of the hip and knee is the most common cause of difficulty in walking [5]. It has a huge impact on the economy, with absence from work and early retirement exceeding 2% of the gross domestic product [6]. It is estimated that over 1 million total hip replacements are performed worldwide each year [7], and in the United States alone it is predicted that between 1995 and 2020 an additional 19 million people a year will be affected by arthritis [8]. The primary goals of the management of patients with Osteoarthritis are controlled pain and to bring improvement in function and health-related quality of life, with avoidance of toxic pharmacological effects. The two approaches recommended for the medical management of hip or knee OA are non-pharmacological modalities and drug therapy.

## Conclusion

Neither form of arthritis has any known cure. The objective of treatment for both types of arthritis is to reduce pain, manage symptoms, and prevent further destruction to the joints. Non-steroidal anti-inflammatory medications like ibuprofen are used to treat both types of arthritis symptoms by reducing swelling and pain. Because rheumatoid arthritis is an autoimmune disorder, specific drugs are prescribed to stop the immune system attacks and prevent further damage. Physical and occupational therapy are both used to help patients improve mobility and adjust their daily routines. Exercise, weight management and overall healthy living habits are essential in treating and manage both diseases.

## References

1. Takenaka T (2013) Lead-free piezoelectric ceramics. *Handb Adv Ceram*.
2. Rödel J, Jo W, Seifert K T P, Anton E M, Granzow T, and Damjanovic D, et al. (2009) Perspective on the development of lead-free piezoceramics. *Journal of the American Ceramic Society* 92(6): 1153-1177.
3. Saito Y, Takao H, Tani T, Nonoyama T, Takatori K, et. al (2004) Lead-free piezoceramics. *Nature* 432(7013): 84-87.
4. Shrout T R, and Zhang S J (2007) Lead-free piezoelectric ceramics: Alternatives for pzt? *Journal of Electroceramics* 19(1): 111-124.
5. Chon U, Kim KB, Jang HM, Yi GC (2001) Fatigue-free samarium-modified bismuth titanate ( $\text{Bi}_{4-x}\text{Sm}_x\text{Ti}_3\text{O}_{12}$ ) film capacitors having large spontaneous polarizations. *Applied Physics Letters* 79(19): 3137-3139.



Creative Commons Attribution 4.0  
International License

For possible submissions Click Here

[Submit Article](#)

### Your subsequent submission with Crimson Publishers will attain the below benefits

- High-level peer review and editorial services
- Freely accessible online immediately upon publication
- Authors retain the copyright to their work
- Licensing it under a Creative Commons license
- Visibility through different online platforms
- Global attainment for your research
- Article availability in different formats (**Pdf, E-pub, Full Text**)
- Endless customer service
- Reasonable Membership services
- Reprints availability upon request
- One step article tracking system