

How to cope with the Disease *Rheumatoid Arthritis*

Have you felt any joint pains and don't know what the cause is?

In these video, *you will learn* from a man named **David Scott**, a consultant **Rheumatologist**, about the disease ***Rheumatoid Arthritis***. He explained in the video what the condition is all about, the signs and symptoms, and the remedies that you have to be aware of.



Rheumatoid Arthritis or RA is a disease wherein one's **immune system** attacks the body's own tissues specifically the **synovium, a thin membrane that lines the joint**. As a result, there will be a build up of fluid into the joint which causes pain. This kind of **inflammation** is systemic that it can go all throughout your body and is also a **chronic disease** that in many cases can't be cured.

This disease is common among women (compared to men) from ages 50 to 60. The signs and symptoms of *rheumatoid arthritis* may vary from person to person and can change on a daily basis. You may feel the following;

1. Your joints may feel warm to the touch
2. A decreased range of motion
3. Inflammation is systemic. (The corresponding side of the affected side will also be involved)
4. Swelling
5. Pain
6. Stiffness of the joint
7. You can become **Anaemic**
8. Low grade fever

In many cases you would use medications that can eliminate the symptoms but do not cure the disease itself.

The medications for rheumatoid arthritis can be divided into two groups:

- **Non-steroidal Anti-Inflammatory Drugs (NSAIDS) and Corticosteroids** – are drugs that can help relieve symptoms and reduce inflammation and
- **Disease-Modifying Anti-rheumatic Drugs and Biologic Agents** – are drugs that can modify the disease or put it in remission

Once you are diagnosed with this disease, you have to understand that the condition is irreversible. You have to make sure you take your medication on time, so that you can go on with your daily activities without any interruption that may happen due to the swelling and pain. It is also very important that you visit your physician regularly so that your condition will be monitored as well as your treatments.

Rheumatoid Arthritis can be chronic but you still have the power to go on with your normal life, if you are consistent and visit your doctor regularly and, take your medications on time.

As always there may be surprising cases where a relief has been achieved, using Omega 3 Sage products. Here is one of the intriguing success stories: <http://eomega3fishoil.com/omega-3-sage-rheumatoid-arthritis-fish-oil/>