

LIVING WITH PSORIATIC ARTHRITIS

Nearly 38 Million People Have Psoriatic Arthritis

Psoriatic Arthritis Affects Men and Women Equally

Psoriatic Arthritis is a chronic condition that causes inflammation of the large joints, especially the lower extremities, distal joints of the fingers and toes, and the back and pelvis joints. It is associated with psoriasis but not all psoriasis patients develop psoriatic arthritis, nor do all psoriatic arthritis sufferers have psoriasis.

For a better understanding of this condition, as well as treatment options and lifestyle changes that can improve this illness, please review the information provided below.

01 | Understanding Psoriatic Arthritis

Psoriatic Arthritis can affect any joint in the body and symptoms tend to vary. There is a correlation between psoriasis and psoriatic arthritis, with approximately 15 percent of people with psoriasis developing this form of arthritis. Common symptoms include:

- **Severe swelling of fingers and toes** – painful, sausage-like swelling and deformities can occur
- **Foot pain** – common pain points are in the heel and sole of the foot
- **Lower back pain** – some patients suffer from spondylitis, inflammation of the joints between the vertebrae of the spine

02 | Causes

The exact cause of psoriatic arthritis is unknown; however, it is an autoimmune disease that occurs when the body's immune system attacks healthy cells and tissues. This abnormal response leads to inflammation and an overproduction of skin cells. There are both genetic and environmental factors. Physical trauma and certain infections may trigger those with a genetic predisposition.

03 | Treatment

Treatment varies depending on the progression of the disease. For mild cases, non-steroidal anti-inflammatory drugs (NSAIDs) are usually indicated. In more severe cases, disease-modifying anti-rheumatic drugs may be prescribed. Anti-tumor necrosis factor drugs are sometimes recommended and can help treat arthritis as well as skin psoriasis.

Following your treatment plan is vital in controlling symptoms and slowing the progression of the disease. Along with medication, patients should maintain a healthy weight, blood pressure and cholesterol levels and include moderate exercise in their daily routine.

To learn more about psoriatic arthritis, please visit:

<http://www.arthritis.org/about-arthritis/types/psoriatic-arthritis/>

*Did You Know?
Average age of onset is
between 30-50 years old*

References

<http://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Psoriatic-Arthritis>

<http://www.mayoclinic.org/diseases-conditions/psoriatic-arthritis/basics/definition/con-20015006>

<http://www.webmd.com/arthritis/psoriatic-arthritis/psoriatic-arthritis?page=2>