

# Arthritis

Arthritis occurs when the joints in the body are inflamed or there is a breakdown of cartilage in the joints. Joints are places in the body where two or more bones meet, such as the hip or knee. Cartilage is the cushion in the joints that protects them from pressure and makes movements smooth. When cartilage breaks down in a joint, the bones rub together. This causes pain, swelling and stiffness.

The most common type of arthritis is **osteoarthritis**. With this type of arthritis, the joints wear out over time from use or as the person ages. Injury to a joint may also lead to this type of arthritis. Osteoarthritis occurs most often in the knees, hips and hands. The joints begin to ache and thicken. At times, the tissues around the joint become strained and cause more pain.

Arthritis can also occur when the immune system, which normally protects the body from infection, attacks the body's tissues. **Rheumatoid arthritis** is the most common type of this kind of arthritis. It causes inflamed and painful joints and may affect other parts of the body, such as the heart, muscles, blood vessels, nerves and eyes.

## Signs of Arthritis

- Joint pain
- Joint is not stable or it feels like it will not support you
- Joint enlarges or swells
- Stiffness, often in the morning
- Limited use of joint
- Warmth around joint
- Redness of the skin around joint

Other signs may occur with rheumatoid arthritis. If you have any signs that cause you pain or concern, see your doctor.

# 关节炎

当身体的关节发炎或关节的软骨断裂时，就会发生关节炎。关节是指身体上两块或多块骨头相连的地方，如臀部、膝盖。软骨是关节的软垫，它保护关节免受压力并使运动平滑。当关节中的软骨断裂时，您的骨头之间发生摩擦，引起疼痛、肿胀和僵硬。

最常见的关节炎类型是**骨关节炎**。在这种关节炎中，关节由于长期使用或上了年纪而出现磨损。关节受伤也会导致这种类型的关节炎。骨关节炎最常发生于膝部、髋部和手部。关节开始疼痛并变大。有时关节周边的组织变得很紧，引起更多的疼痛。

当通常保护人体免受感染的免疫系统袭击人体的组织时，也会引发关节炎。**类风湿性关节炎**是这种关节炎类型中最常见的一种。它会引发关节红肿、疼痛，而且可能会对人體其他部位带来影响，如心脏、肌肉、血管、神经和眼睛等。

## 关节炎的症状

- 关节疼痛
- 关节不稳或感觉关节缺乏支撑力
- 关节增大或肿胀
- 僵硬，早晨最常见
- 关节使用受限制
- 关节周围发热
- 关节周围皮肤发红

患有类风湿性关节炎时，可能会出现其他症状。如果出现任何会引起疼痛或担心请就医。

## **Tests**

Your doctor will talk to you about your health and look at your joints. Your doctor may order blood tests and x-rays.

## **Treatment**

Treatment of arthritis depends on:

- The cause
- Which joints are painful
- Amount of pain
- How the arthritis affects your daily activities
- Your age
- Your work or activity

Your doctor may suggest:

- Medicine to control pain and swelling
- Physical or occupational therapy
- Assistive devices such as a cane or grab bars for the bathtub or toilet
- Weight loss
- Surgery to replace the joint

As a part of your treatment, you may need to:

- Exercise to improve movement and joint strength. Good choices include walking, swimming, bike riding, dancing, strength training and gentle stretching exercises.
- Use hot or cold treatments to control pain and swelling.
- Avoid positions or movements that put extra stress on your painful joints.
- Avoid staying in a position too long.

## 检查

您的医生将与您讨论您的健康状况并查看您的关节。医生可能要求您做血检和 X 光检查。

## 治疗

关节炎的治疗取决于：

- 原因
- 哪个关节疼痛
- 疼痛程度
- 关节炎如何影响日常活动
- 年龄
- 工作或活动

您的医生可能建议：

- 服用药物以控制疼痛和肿胀
- 理疗或职业疗法
- 在浴缸或卫生间使用辅助器械（例如：手杖或扶手棍）
- 减肥
- 替换关节的手术

作为治疗的一部份，您可能需要：

- 做运动以改进动作和关节力量。好的选择包括散步、游泳、骑自行车、跳舞、力量训练和缓和的拉伸运动等。
- 用热疗或冷疗控制疼痛和肿胀。
- 避免对疼痛关节施加额外压力的姿势或动作。
- 避免保持一个姿势时间太长。

**Call your doctor right away if:**

- You have severe unexplained joint pain.
- The joint is very swollen.
- You suddenly have a hard time moving the joint.
- Your skin around the joint is red or hot to the touch.
- You have other signs that concern you.

**Talk to your doctor or nurse if you have any questions or concerns.**

如有以下情形，请立刻打电话给您的医生：

- 不明原因的关节剧痛。
- 关节严重肿胀。
- 突然出现移动关节困难。
- 关节周围皮肤发红或发热。
- 出现其他令您担心的症状。

如有任何疑问或关注事宜，请告知您的医生或护士。

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