

# 关节炎

## 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 that often gets worse with aging.

**The most common type of arthritis is osteoarthritis.** With this type of arthritis, the cartilage in 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.

**Rheumatoid arthritis** is another common type of this kind of arthritis. The immune system, which normally protects the body from infection, attacks the lining of the body's joints. 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

人体的关节发炎或关节软骨破裂时，就会发生关节炎。关节是人体中两个或两个以上骨骼相连的部位，例如臀部或膝部。

软骨是关节中的缓冲垫，可以保护关节免受压力并使其运动平稳。关节中的软骨破裂时，骨骼会相互摩擦。这会导致疼痛、肿胀和僵硬，随着年龄的增长而恶化。

**骨关节炎是最常见的关节炎类型。**对于这种类型的关节炎，关节软骨会因使用或衰老而逐渐磨损。关节受伤也可能导致这种关节炎。骨关节炎最常发生在膝部、臀部和手部。关节开始疼痛并变粗。有时，关节周围的组织会绷紧，导致疼痛加剧。

**类风湿关节炎**是这种关节炎的另一种常见类型。正常用于保护人体免受感染的免疫系统，会转而攻击人体关节的内衬。它会引起关节发炎和疼痛，可能影响身体的其他部位，例如心脏、肌肉、血管、神经和双眼。

### 关节炎症状

- 关节疼痛
- 关节不稳定或感觉无法支撑您
- 关节肿大或肿胀

- 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.

## 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 is aimed at controlling your signs and improving use of your joints. 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.

- 僵硬，经常发生在早晨
- 关节使用受限
- 关节周围温热
- 关节周围皮肤发红

类风湿关节炎可能还会出现其他症状。如果您出现引起疼痛或担忧的症状，请就医。

## 检测

医生将与您讨论您的健康状况，检查您的关节。医生可能会要求进行血液检查和 X 光检查。

## 治疗

关节炎的治疗用于控制症状，改善关节的使用。医生可能建议：

- 使用控制疼痛和肿胀的药物
- 接受物理或职业治疗
- 使用辅助设备，例如拐杖或在浴缸或卫生间加装扶手
- 减肥
- 接受更换关节手术

作为治疗的一部分，您可能需要：

- 锻炼以提高运动能力和关节力量。恰当的锻炼包括：散步、游泳、骑自行车、跳舞、力量训练和轻柔的伸展运动。
- 使用冷热疗法来控制疼痛和肿胀。
- 避免疼痛关节承受额外压力的姿势或动作。
- 避免长时间保持一个姿势。

**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.

**如果发生以下情况，请立即联系医生：**

- 您出现无法解释的严重关节痛。
- 关节很肿。
- 您突然很难移动关节。
- 关节周围的皮肤发红或发烫。
- 您还有其他使您担忧的症状。

如果有任何疑问或担心，请咨询医生或护士