



IS IT ARTHRITIS?

Arthritis means 'inflammation of the joint'.

The three most common types are Osteoarthritis, Gout Arthritis and Rheumatoid Arthritis.

Arthritis affects all age groups; children, young people, working age people and seniors.

Who is at risk?

Anyone can be affected at any stage in their life however there are some groups more at risk:

- Seniors - age increases the risk of developing Osteoarthritis
- Sportspeople - injuries are likely to lead to Osteoarthritis
- Being overweight - can increase your chance of developing Osteoarthritis and Rheumatoid Arthritis
- Women - women generally get arthritis more than men
- Māori & Pacific men - are genetically more likely to get Gout Arthritis

Arthritis symptoms can include:

- Swelling in one or more joints
- Early morning stiffness for more than a few minutes
- Recurring pain or tenderness for more than a few minutes
- Recurring pain or tenderness in one or more joint
- Reduced movement
- Obvious redness or warmth in one or more joints
- Unexplained weight loss, fever or weakness combined with joint pain



It is important to not self-diagnose. See your GP for a diagnosis and ask what type of arthritis you have.

Diagnosis is usually through:

- Health History
- Physical Examination

Depending on your symptoms, may also include:

- Blood tests
- Scans or X-rays



If you are diagnosed with arthritis more information and support is available to help you understand your diagnosis and how to live well with arthritis.

- Phone 0800 663 463 to learn more about your arthritis
- Check out your arthritis diagnosis here www.arthritis.org.nz/forms-of-arthritis
- Living well with arthritis here www.arthritis.org.nz/your-arthritis/living-well-with-arthritis/