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Symptoms of Arthritis

By: [John Robben](#)

In a previous article, we discussed what Arthritis is and its many forms, now it is time to take a look at the symptoms of Arthritis. Arthritis shows up in various ways. Some of the first symptoms include things like knees cracking when you stand up, general pain or swelling around joints that lasts for more than two weeks, you may also notice that pain in your joints increases as you move, also you may notice increased stiffness in your joints when you wake up in the morning, and your joints may appear red and feel warm to the touch.

Some other symptoms of Arthritis include fever, a sense of feeling tired all the time, even a feeling that you have the flu. If you experience any of these symptoms, it is imperative that you see your doctor or physician at once. Only a doctor can truly diagnose whether you have Arthritis, and because there are over 100 forms of Arthritis, it is also important to determine which form of Arthritis you have. The different forms of Arthritis have different symptoms as well. It is also important to seek medical treatment as soon as possible, since Arthritis has no known cure, the sooner you seek treatment and begin a regimen of care, and the better your results of managing your Arthritis will be. Your treatment plan may include things such as a specific course of medicine, plenty of rest, adequate diet, and proper nutrition, losing weight if you are overweight, and in severe cases, surgery may be required. In future articles we will look at treatment options, from Acupuncture to Zinc.

Is it Rheumatoid Arthritis or Osteoarthritis?

We've discussed that there are over 100 forms of Arthritis. The most common forms are Osteoarthritis, Rheumatoid Arthritis, and Gout. All of these forms have different symptoms and require testing by your physician for an accurate diagnosis. Here are some of the symptoms and differences between Rheumatoid Arthritis and Osteoarthritis.

Symptoms of Osteoarthritis:

- **Osteoarthritis Typically begins in one Joint**
- **Osteoarthritis Typically affects only the Joints**
- **Osteoarthritis does not affect Internal Organs**
- **Osteoarthritis affects Cartilage**
- **Osteoarthritis causes Stiffness in the Joints when waking in the Morning**

Osteoarthritis is a result of cartilage being broke down. As this takes place, the bones rub together. This typically happens in the knees, hips, hands, and spine. Unfortunately, when the pain sets in there has already been a substantial loss and damage to the cartilage.

Rheumatoid Arthritis has different symptoms than Osteoarthritis. Here are the symptoms of Rheumatoid Arthritis.

Symptoms of Rheumatoid Arthritis

- **Extreme Tiredness and Fatigue**
- **Low Grade Fever**
- **Muscle Pain and Aches**
- **Appetite Loss**
- **Painful and Swollen Joints**
- **Redness and Heat at the Joint Site**

Typically, Rheumatoid Arthritis affects the joint of the body in a symmetrical fashion. Rheumatoid Arthritis is a systematic disease and it often affects other organs in the body, and not just joints.

The symptoms of Rheumatoid Arthritis often appear, and then enter a state of remission. There is no proven reason as to the exact cause of Rheumatoid Arthritis, however it has been suspected that bacteria, fungi, and infections may cause it. There has also been evidence that Rheumatoid Arthritis is a hereditary condition. It is also believed that certain triggers, such as poor nutrition, stress, and infection can bring on Rheumatoid Arthritis.

- Stay tuned for our next article, “Osteoarthritis: Cause and Treatments”.

Written by [JohnRobben](#) of Ultimate Water Massage, Inc. Providing Massage Services and Pain Relief products.

Visit our [ArthritisInformation Center](#)

Arthritis Symptoms

By: [Hanif Khaki](#) ✨

Can That Pain in Your Joints Be Arthritis?

Ask yourself these questions: Do you have problems with one or more of your joints? Do you know which signs point to arthritis symptoms? If not, you should arm yourself with as much knowledge on this disease as possible. With early diagnosis, there is much you can do to keep arthritis symptoms at bay and to keep your joints from becoming severely damaged.

It is not uncommon for an individual to think that the stiffness they are experiencing is a result of physically overworking their body. They may also attribute this stiffness and pain to getting older. While it is true that we do slow down with age and tend to feel many aches and pains as we grow older, ongoing joint pain is not normal.

Arthritis symptoms can include inflammation, stiffness, swelling, and warmth at the joint site. Arthritis symptoms can also include rapid or gradual weight loss, fatigue and fever. There are over a 100 different types of arthritis.

The most common type of arthritis is Osteoarthritis. It usually affects the knees and hips. This type of arthritis has been commonly referred to as the “wear and tear” arthritis.

Rheumatoid arthritis is an autoimmune disorder, meaning that the immune system attacks the lining of joints as if it were a foreign, harmful substance. The associated swelling can be quite pronounced in patients with rheumatoid arthritis.

Lupus arthritis is an autoimmune disorder. The joints most affected by this form of arthritis include the wrists, hands and knees.

Gouty arthritis usually affects the big toe and knee. It is brought about by formations of crystals within the joint.

If you are experiencing pain in one or more joints and you do not get relief from over the counter medication, or through the application of heat or cold packs, it's possible you may have arthritis. You should never ignore arthritis symptoms. If you suspect you may have arthritis, you should definitely consult your local doctor, who may refer you to a rheumatologist. A rheumatologist specializes in bone, joint and muscle disorders. Rheumatologists may treat arthritis, as well as autoimmune disorders. While it's true that there is no known cure for arthritis, there are a number of medications which are known to bring much needed pain relief and alleviate the suffering brought on by arthritis symptoms. As well, these medications may also somewhat slow down the progression of arthritis.

Hanif Khaki is the acclaimed and highly regarded author of numerous health related articles and founder of the popular resource site, <http://www.arthritispaincure.com>

Osteoarthritis: Causes and Symptoms

By: [John Robben](#)

Osteoarthritis: Cause and Symptoms

In our last article, we briefly discussed Osteoarthritis and Rheumatoid Arthritis. This article will take a close look at the cause, symptoms, and current treatment used for Osteoarthritis. So let's take a second look at what Osteoarthritis is.

Osteoarthritis is known by many as “wear and tear” Arthritis. It is one of the most common forms of Arthritis and is the result of cartilage wearing away from the joints. This cartilage is responsible for the smooth gliding of joints, and once it begins to deteriorate, the patient is left with pain, joint swelling and inflammation, and even deformity.

Osteoarthritis patients usually state that their pain is greatest during times of movement, and then lessens significantly during periods of rest. Osteoarthritis affects many more women than men. There is an estimated 24 million Osteoarthritis sufferers in the United States and roughly 74% are women.

The cause of Osteoarthritis is not known, yet doctors have many suspicions. Some of the symptoms of Osteoarthritis boggle the minds of scientists and more research needs to take place to determine the actual root of the disease. For instance, X-rays can tell that Arthritis is present, yet the amount of pain reported by Osteoarthritis sufferers differs from the results of the X-ray. Though many people refer to Osteoarthritis as the “wear and tear” disease, evidence shows that this disease and its mysterious cause are not as simple as that definition. In fact, “wear and tear” does not take place in just one joint, but affects joints simultaneously throughout the body. An example of this, is that sufferers with Osteoarthritis of the knee, often suffer Osteoarthritis in the hand. Also, doctors have noted that patients don't suffer with Osteoarthritis on just one side of the body (as would be expected due to wear and tear) but because it seems to affect the body concurrently, it appears that Osteoarthritis is a systematic disease affecting all of the cartilage at once.

One suggestion is that Osteoarthritis is a result of cartilage that has stopped functioning at optimum level. Cartilage is continuously undergoing a process where it is broken down, then rebuilt. Some theories state that this process becomes unbalanced and out of hand. This is referred to as “End Stage Osteoarthritis.” It is at this stage that joint pain and impairment begin to manifest. There are many natural remedies that show promise in the management of Osteoarthritis pain and symptoms. Look for future articles in our Arthritis Series that will offer natural remedies that may prevent enzymes from damaging cartilage.

Some other ideas that point to the cause of Osteoarthritis include:

- Previous Sports related or Joint Injuries
- Genetically Inherited (it appears that Osteoarthritis runs in families)
- Repeated Occurrences of Bleeding into a Joint (as occurs with Hemophilia and other diseases)
- Repeated Occurrences of Gout and Gout like Diseases
- Avascular Necrosis- this is a condition where blood near a bone is cut off, this leads to bone death as well as joint damage. Avascular Necrosis typically afflicts the hip joint.
- Previous Rheumatoid Related Illness- such as Rheumatoid Arthritis can lead to chronic inflammation of the joints.
- Osteoporosis-due to the high risk of bone fractures and injury, Osteoarthritis may develop in joints.
- Metabolic Disorders- for example, Hemochromatosis can result in high levels of Iron being deposited in the joints
- Joint Infection-It is believed that cartilage may deteriorate in people who have defects in their cartilage and joints.

We've discussed the potential causes of Osteoarthritis, now it is time to look at the various symptoms of Osteoarthritis. The symptoms of Osteoarthritis include:

- Joint Pain- this tends to be worse when rising in the morning
- Joint Swelling and Inflammation- this occurs during periods of activity
- Feeling a “Grinding” Sensation when a Joint is moved
- Loss of Mobility and Flexibility

There is no sure way to prevent Arthritis in any of its forms. There are however some things that you can do to help lower your risk of developing Osteoarthritis or any other type of Arthritis.

Some of the preventative methods that you may add to your lifestyle today include:

- Maintain an Ideal Body Weight
- Take steps to prevent the development of Osteoporosis.

Some of these include taking adequate Vitamin D and Calcium, exercising, and taking medication if needed.

- Do your best to prevent injuring your bones and joints –try to avoid accidents such as sports related, implementing joint protection by using splints and braces.

Written by [John Robben](#) of Ultimate Water Massage, Inc.

Providing Massage Services and Pain Relief products. Visit our [Arthritis Information Center](#)

Gout Symptoms - Know Them

By: [Arturo Ronzon](#) ★

You may be experiencing **gout symptoms** and you don't even know it. You may blame it on a number of other causes such as working conditions, not eating right, to name just a few of the excuses you come up with so you don't realize you may have a gout symptom.

Many people consider gout an old fashioned disease that has all but been eradicated. Not true, many people suffer daily from a gout symptom of one kind or another. How can you know if what you are suffering is truly a gout symptom? Do your research online and you can know if your gout symptom is something that is treatable, or much more serious.

If you know what gout is, then you can be aware if you are having a gout symptom. What gout is is a painful inflammation of the joints. It is a form of arthritis and eating certain foods can cause severe gout symptom. If diet plays a significant factor, than treatment of gout symptom should be done through proper diet as well as the proper medication.

One of the most recognizable gout symptom is a severe or sudden attack of pain. It will cause tenderness, warmth, redness and perhaps some swelling in some of the affected joints.

Gout symptoms usually attack just a single joint at a time. It especially likes to go after the big toe. The why of that is probably buried deep in scientific annals, but whatever, it is true. Those with gout must watch that they don't mistreat their condition and lose a toe. Other symptoms of gout can be pain in the foot, ankle, wrist, hand and elbow. It seems as if deposits of chemicals called uric acid also called tophi will appear as lumps beneath the skin surrounding the joint.

If you think you are having gout symptoms, it is time to bite the bullet and go visit a doctor. You don't have to suffer the pain associated with this **gout symptom** if you get yourself some physical therapy and find the medications that best address your gout symptom.

For more information about [Gout Symptoms](#), feel free to visit us at: http://www.about-goat.info/Articles/Gout_Symptoms.php

Rheumatoid Arthritis Signs and Symptoms - Know What to Look For

By [Elle VanHamagansky](#) ★

Did you know?

- Rheumatoid arthritis afflicts 2.1 million Americans.
- Rheumatoid arthritis is an autoimmune disease.
- Rheumatoid arthritis affects women three times more than men.
- Rheumatoid arthritis is more common for people between the ages of 25 and 50.
- Rheumatoid arthritis starts with a sudden and severe attack with flu-like symptoms.
- Rheumatoid arthritis can affect any joint in your body.
- You don't have to live with the pain of rheumatoid arthritis.

Rheumatoid arthritis is a chronic autoimmune disease that is characterized by inflammation of the joints, often accompanied by deformities.

Because rheumatoid arthritis affects other organs of the body, it is sometimes referred to as a systemic illness. Rheumatoid arthritis is also known as rheumatoid disease.

There are three stages of rheumatoid arthritis:

1. The swelling of the synovial (lubricating fluid around joints in the body) lining. This causes pain, stiffness, redness, and swelling around joints.
2. The rapid division and growth of cells. This causes the synovium (free moving membrane in joints in the body) to thicken.
3. The inflamed cells release enzymes that eat up bone and cartilage. This causes the joint to lose its shape and alignment, causing more pain and loss of movement.

The cause of rheumatoid arthritis is still unknown. Some people with rheumatoid arthritis have other family members with the same disease. Genetics is a probable cause of rheumatoid arthritis. Virus, bacteria, and fungi infections are suspected to trigger rheumatoid arthritis, but have not been scientifically proven yet.

The Signs and Symptoms of Rheumatoid Arthritis

So you want to know what the signs and symptoms are so you can make sure you don't have rheumatoid arthritis. No problem. The signs and symptoms of rheumatoid arthritis vary from person to person, but here are some common signs and symptoms:

Aching in joints

Anemia

Bone destruction

Cartilage destruction

Decreased appetite

Deformity of joints

Dry eyes

Dry mouth

Fatigue

Flu-like symptoms

Hardened lumps

Loss of motion in joints

Loss of strength in muscles

Low-grade fevers

Malaise (general body weakness)

Pain in joints

Stiffness in joints

Stiffness in muscles

Swelling in joints

You may have rheumatoid arthritis if the following items describe you:

1. Arthritis longer than 6 weeks.
2. Joint erosions apparent on X-rays.
3. Morning stiffness in the joints.
4. Positive blood test for the rheumatoid factor.
5. Presence of nodules under the skin.

Okay, you've scheduled the doctor's appointment, but you need relief now. Don't worry! [RhumatoI](#) can help you by restoring your natural immune system response and relieving your arthritis symptoms. This product will ensure that you will not have to endure the painful signs symptoms of rheumatoid arthritis. So go on with your life and live it arthritis-free.

What Are Palindromic Rheumatoid Arthritis Symptoms

By: [Sandra Kim Leong](#) ★

Palindromic rheumatoid arthritis disease is whereby you experience periodic episodes of pain, swelling, warmth, and stiffness of joints. You have recurrent attacks of transient inflammation in and around the joint. The pain is usually focused on two or three joints. The pain can be very severe and it is difficult to find relief.

Palindromic Rheumatoid Arthritis Symptoms

Palindromic rheumatoid arthritis is usually characterized by episodic articular, or periarticular pain. Joints that are affected are usually your fingers and knees. The pain may be intense but it does not stay for more than two or three days. The attacks can end as fast as they begin.

You can easily spot the specific pattern in these recurrent episodes of pain. In 60% of the cases of palindromic rheumatoid arthritis, pain-free periods may last for several weeks or months. In some cases, these attacks recur after years.

Rheumatoid factors in Palindromic Rheumatoid Arthritis

There are certain rheumatoid factors that may be present in some of the Palindromic rheumatoid arthritis patients. Some these rheumatoid factors include:

- * It is the large joints that are most commonly afflicted in the recurrent episodes of attack.
- * However, in the swelling of the periarticular tissues such as heel pads and finger pads, soft tissues are also involved.
- * Aside from pain and swelling, the Palindromic rheumatoid arthritis patient may feel nodules just below the skin in subcutaneous tissues.
- * Blood tests: If they indicate an elevation of the ESR (Erythrocyte sedimentation rate) and CRP (C-reactive protein) level, it is a rheumatoid factor.

Treatment for Palindromic Rheumatoid Arthritis

It is difficult to treat palindromic rheumatoid arthritis. One of the main reasons is attributed to the transient nature of the episodes of pain and attack.

Even the anti-inflammatory medicines may not be very effective. However, what is usually prescribed are disease-modifying drugs such as hydroxychloroquine or methotrexate for Palindromic rheumatoid arthritis patients.

In all these cases, the treatment is symptomatic. As such, they do not address the root cause of palindromic rheumatoid arthritis. More research is now being conducted for this special form of rheumatoid arthritis disease. Hopefully, with more light shed on this disease, there can be a cure some day.

Sandra Kim Leong writes on [common symptoms for rheumatoid arthritis](#). Her site contains information and resources on arthritis treatment, arthritis symptoms and diet for arthritis. Please visit her blog at <http://www.rheumatoid-arthritis-relief.com> for more updates.

Do You Know The Symptoms Of Rheumatoid Arthritis

By: [Jeff Foster](#) ★

Did you know there are common symptoms for rheumatoid arthritis?

A friend of mine was complaining of how her morning stiffness had gotten worse over the last couple of months. I began to ask her if she was having any other problems. She started giving details of other ailments she was experiencing.

I asked her "Do you think you could possibly have rheumatoid arthritis?" Looking at me like I was from outer space!

She immediately responded with a look of shock.

We had a lively conversation as we began to try and figure out the common symptoms for rheumatoid arthritis. I explained to my friend that I had recently researched rheumatoid arthritis and had learned quite a few facts, particularly some of the common symptoms of rheumatoid arthritis.

I explained that I had learned that rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints, tissues around the joints and organs in the body. An autoimmune disease is an illness which occurs when the body tissues are mistakenly attacked by its own immune system. Rheumatoid arthritis can cause joint destruction and functional disability. It is an extremely painful disease. It can strike children, teens and adults.

There are several common symptoms for rheumatoid arthritis.

The most common symptom is pain and stiffness of the joints. Normally first thing in the morning or after you have been resting is when the stiffness is more severe.

Another common symptom for rheumatoid arthritis is inflammation. This causes swelling in and around the joints.

Other common symptoms for rheumatoid arthritis are called extra-articular symptoms, or simply symptoms outside of the joints. These symptoms can include small nodules that develop over the elbow and forearms, anemia and tiredness, generally feeling poorly, weight loss, fever and muscle aches and pains. In a not so common symptom of rheumatoid arthritis, inflammation can develop in other parts of the body such as the heart, blood vessels, lungs or eyes.

After talking with my friend about the common symptoms for rheumatoid arthritis she looked a little concerned.

"What is the matter?" I asked.

She told me that she has had several of the symptoms that I mentioned. The afternoon wasn't over yet before she did the right thing and made an appointment with her medical doctor to discuss the possibility of her having rheumatoid arthritis.

If you think you may have rheumatoid arthritis it is important to see you doctor as soon as possible.

Common symptoms for rheumatoid arthritis are easy to detect and it is the early and aggressive treatment of rheumatoid arthritis can help you live a full and active lifestyle.

For more important information on [arthritis resources](#) visit <http://www.arthritis-life.com> where you'll find information on arthritis topics such as [arthritis symptoms](#), arthritis relief & more.

Is it a Rheumatoid Arthritis Symptom?

By: [Antoinette Boulay](#) ★

A serious disease of the autoimmune system, rheumatoid arthritis mostly affects the joints. Nonetheless, since it is a systemic autoimmune disease, rheumatoid arthritis may also affect other body areas. Here are some of the other symptoms that can be linked with a diagnosis of rheumatoid arthritis.

Heart

One area that may be unfavorably affected due to rheumatoid arthritis is the heart. It is common for fluid to collect near the heart as a result of inflammation caused by rheumatoid arthritis. Although such symptoms are frequently fairly mild, this problem may potentially develop into something more serious.

If severe inflammation occurs, it can affect the heart muscle. Coronary arteries may swell, making the heart muscle work harder. The lungs might also be involved in rheumatoid arthritis. Similar to the heart muscle, fluid may collect around the lungs, and the lung tissue may stiffen. Rheumatoid arthritis related inflammation can make breathing difficult.

Skin

It is not uncommon for rheumatoid arthritis patients to report small nodules that are formed under the epidermis, as one other area that may be affected is the skin. The majority of the time, these small nodules are located in close proximity to a joint area. These skin nodules become most noticeable when a joint is flexed.

Purpura is another skin condition regularly associated with rheumatoid arthritis. Purpura are purplish patches on the skin which develop due to damage to blood vessels. Rheumatoid arthritis can make blood vessels develop damage, triggering them to rupture and bleed into the skin, a process known as vasculitis. Another skin problem associated with rheumatoid arthritis are skin ulcers; they appear because of vasculitic lesions.

Musculature

Rheumatoid arthritis can severely affect the body's musculoskeletal structures. As inflammation strikes the joints, muscles can become shrunken and weak. This is called as atrophy. The hands are the area most vulnerable to atrophy.

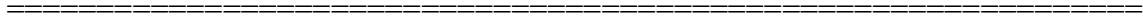
Atrophy is the result of not using a muscle or set of muscles for an extensive period of time. Muscles joints affected by arthritis are prone to becoming the source of discomfort, pain, and swelling. In turn, the patient does not use the stricken muscles, and this causes atrophy.

Gastrointestinal

The digestive tract is also affected. The most common effect is known as dry mouth, which is related to Sjogren's syndrome. Most digestive complaints associated with rheumatoid arthritis seem to come as a result of medications taken for it. Typical digestive conditions related to these medications comprise stomach ulcers and gastritis.

For information on [arthritis relief techniques](#), visit

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Rheumatoid Arthritis Signs and Symptoms - Know What to Look For

By: [Elle VanHamagansky](#) ★

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Dry mouth

Fatigue

Flu-like symptoms

Hardened lumps

Loss of motion in joints

Loss of strength in muscles

Low-grade fevers

Malaise (general body weakness)

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Swelling in joints

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Okay, you've scheduled the doctor's appointment, but you need relief now. Don't worry! [Rhumatol](#) can help you by restoring your natural immune system response and relieving your arthritis symptoms. This product will ensure that you will not have to endure the painful signs symptoms of rheumatoid arthritis. So go on with your life and live it arthritis-free.

Some Symptoms Associated with Arthritis

By: [Milos Pesic](#) ★

A group of joint disorders is an overall term for arthritis. Our joints are surrounded by a layer of cartilage. Aiding in motion, this cartilage is a protective lubricant. Pain in the joints is caused by damage to the cartilage that surrounds the joints. With more than one hundred types of arthritis, symptoms can vary. However, in order to help detect arthritis here a few general symptoms that you can look for.

One of the more common symptoms is persistent joint pain. If when moving or doing certain activities that can range from walking, writing, throwing or even standing up the pain in your joints worsens, then that is another sign of arthritis.

Other symptoms can be warmth and redness in color as well as stiffness and swelling in your joints. This is a sign of inflammation in the joint. If you lose your range of motion or flexibility, these may also be a result of arthritis.

Weight loss for no reason as well as fatigue and weakness are considered symptoms of arthritis. A crackling sound combined with grating sensation that is affecting the joint is called crepitus another symptom of arthritis. This symptom may or may not be painful to you. Other areas that can be affected by crepitus are the lungs and under the skin. The wearing down of cartilage can be a cause of crepitus in the joint.

As mentioned earlier there are various types of arthritis and it is possible to be diagnosed with more than one type. This means that each person's symptoms will be different. With this in mind, you should be tested immediately for arthritis. There are online screen tests that you can take to determine whether you do or do not have arthritis. These tests are easy and convenient to take. These screen tests are geared with specific symptoms that are associated with particular arthritis types such as rheumatoid arthritis, gout, and osteoarthritis, and other types of arthritis.

Of course, visiting your doctor is the only sure way to tell if you suffer from arthritis. By accessing your medical history, doing a physical examination, lab tests and x-rays are things that your doctor will do to determine if you have arthritis. If you are experiencing any of the above mentioned symptoms, then it is you should visit your doctor at the earliest convenience for consultation. It is important to not treat yourself for arthritis if you have not been diagnosed by a doctor as having arthritis. In order to better treat your specific type of arthritis, you need to be diagnosed properly by your doctor.

Milos Pesic is professional rheumatologist who has helped hundreds of arthritis sufferers cure their condition. He runs a popular and comprehensive [Arthritis](#) web site. For more articles and resources on rheumatoid arthritis, arthritis treatment and symptoms, arthritis natural medication and much more visit his site at: <http://arthritis.need-to-know.net/>

Don't Ignore Early Warning Signs Of Arthritis Symptoms

By: [Tim Gorman](#) ★

When you get an ache in your knee, it's very easy to just assume it's arthritis. But what are the symptoms of arthritis? Your body can ache for lots of different reasons, so it's sensible to get any ongoing pain checked out. Arthritis symptoms are many and varied, so it's not always obvious that something is being caused by arthritis, if you have one or more less common symptoms.

The first step is to visit your doctor. It's important to let your doctor know if there's a history of arthritis in your family. Make sure you keep track of where and when the arthritis symptoms are occurring. It's also good to note what type of pain you are feeling - is it general stiffness in a joint? Or are you actually experiencing pain when you move the joint? Keep track of any obvious patterns to your arthritis symptoms, such as whether the pain gradually improves through the day, or whether it's worse right before wet weather. If your arthritis symptoms only last a day then disappear for weeks before returning, then tell your doctor that.

Initially, your arthritis symptoms may be so mild that there will be some doubt about whether it's actually arthritis at all. That's okay, and not unusual. You should still get it checked out by your doctor, just in case the problem is being caused by something entirely different. A whole range of problems can cause pain in various parts of your body, and it's important to make sure the cause is pinpointed, so that it can be dealt with more effectively.

If you find that you're getting arthritis symptoms in one particular joint, think back and try to remember whether that particular joint has recently suffered a knock or blow. Perhaps you've been undertaking a new activity, which could have caused those particular muscles to be feeling a bit sore and tender? The thing with arthritis symptoms is that over time, they recur. So if it's possible that your current pain has been caused by a recent event, it's quite possible you don't have arthritis at all. Again, visit your doctor so that you can discuss the situation and determine what the most likely cause could be.

Timothy Gorman is a successful Webmaster and publisher of [Quick Arthritis Pain Relief](#). He provides more arthritis pain relief tips, causes of arthritis and valuable information on [arthritis symptoms](#) at <http://www.quickarthritispainrelief.com> that you can research in your pajamas.

Articles On Other Types Of Arthritis

Arthritis Report-How To control Your Arthritis

http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html

Osteoarthritis (Wear and Tear)

http://www.arthritispainbegone.com/What_is_Osteoarthritis.html

Rheumatoid Arthritis

http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Herbal Remedies for Arthritis

http://www.arthritispainbegone.com/Herbal_Remedies.html

Psoriatic Arthritis

http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html

Pet Arthritis

http://www.arthritispainbegone.com/Cat_Arthritis.html

Arthritis AND Diet

http://www.arthritispainbegone.com/Arthritis_and_Diet.html

Gouty Arthritis

http://www.arthritispainbegone.com/Gouty_Arthritis.html

Arthritis and Exercise

http://www.arthritispainbegone.com/Arthritis_Exercises.html

Amazing Arthritis Relief

<http://www.arthritispainbegone.com>

A handwritten signature in blue ink that reads "Stacynth Allen". The signature is written in a cursive, flowing style.

