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ARTICLES
ON
RHEUMATOID – ARTHRITIS***

Rheumatoid Arthritis
By: [Karen Lavender](#) and Warren

Natural Rheumatoid Arthritis Pain Relief
By: [Abe Abbott](#)

Rheumatoid Arthritis Causes
By: [Peter Emerson](#) ✨

Rheumatoid Arthritis And Pregnancy
By [Steven Quinn](#) ✨

Rheumatoid Arthritis Information
By: [Anthony Megarry](#)

Rheumatoid Arthritis - Better Management Through Knowledge
By: [Steve Knowles](#) ✨

Ten Common Mistakes Rheumatoid Arthritis Sufferers Make
By: [Art Turner](#) ✨

Even You Can Do Relaxing Rheumatoid Arthritis Exercises
By [Jason Hobbs](#) ✨

Rheumatoid Arthritis And Pregnancy Do Not Show Any Known Adverse Effects
By: [Jason Hobbs](#) ✨

Lymphoma-A Consequence Of Rheumatoid Arthritis
By: [Groshan Fabiola](#)

Rheumatoid Arthritis and Smoking - Evidence That Smoking Increases Your Risk
By: [Elle VanHamagansky](#)

Rheumatoid Arthritis

By: [Karen Lavender](#) and Warren ★

Rheumatoid Arthritis and its Affects

Rheumatoid arthritis affects the many joints in our bodies and is not prominent in any one place over the other. This type of arthritis also affects the heart, lungs and the blood as well. Rheumatoid arthritis is the inflammation of synovium, or joint lining. The pain suffered from this extremely painful disease can be from stiffness, redness, swelling, and warmth. The joints that are affected over time may lose their shape and will result in the loss of normal everyday movement. Rheumatoid arthritis generally starts around the age of twenty and can last a lifetime. This type of disease typically flares and can have active symptoms or in remissions with no symptoms or only a few of them.

The Symptoms of Rheumatoid Arthritis

The symptoms of rheumatoid arthritis affect each person differently but in general have the same affects. Rheumatoid arthritis is a symmetrical pattern disease, which means that if one side of the body is affected, the other side is affected at the same time as well. Joint tenderness, swelling and stiffness can last for more than an hour after a long rest period and in the mornings as well, in some cases, rheumatoid arthritis symptoms can last for an extended period. Malaise is the most common symptom of this disease; it is a general feeling of fatigue and can have a persistent fever with an overall sense of not feeling well.

What are the causes of Rheumatoid Arthritis?

Rheumatoid arthritis is an autoimmune disease, which means that the body's immune system is not working as it should and lets the rheumatoid arthritis disease attack the healthy joints and the tissues around it, allowing for the initiation of joint damage and inflammation. No one is positive on the exact cause of why people get rheumatoid arthritis, but many scientists believe there are a lot of common factors among the people that suffer from rheumatoid arthritis. Hereditary and genetics is a major contribution to the onset of rheumatoid arthritis, the particular genes that are passed from one family member to next.

Some professionals also believe that rheumatoid arthritis can be caused from a trigger like an infection caused by bacterium or a virus in people that have the inherited tendency for the rheumatoid arthritis disease. Rheumatoid arthritis in a way, may be triggered through a virus, yet it is not something that is contagious and you cannot give it to other people, you cannot "catch it"

Warren and Karen have been involved in the internet for a number of years and run several websites. They are most interested in providing opportunities for people to connect with information relating to business, health and creativity. Check out their

[Rheumatoid Arthritis](#) blog for more information.

Natural Rheumatoid Arthritis Pain Relief

By: [Abe Abbott](#)

Rheumatoid arthritis pain relief doesn't have to involve a bunch of drugs and pills everyday. There are effective natural methods for managing your pain.

Increase Aerobic Exercise

Aerobic exercise is any activity that causes you to breathe heavily. Not only is this kind of exercise necessary to maintaining your overall health, but because it increases the amount of oxygen in the body it can strengthen your muscles. This may help to reduce joint pain.

Any exercise will do as long as it causes you to breath heavy. For maximum results you should carry on the activity for at least 20 minutes. Here are some activities you can try:

- Running
- Swimming
- Brisk walking
- Climbing stairs
- Doing house work
- Raking leaves

Try and get 20 minutes of aerobic exercise daily for rheumatoid arthritis pain relief.

Maintain Flexibility

Arthritis sufferers like to keep the painful joints in a bent position because it seems to ease the discomfort a little. While this may be so, the long term effect of this behavior will cause you more pain in the future.

Stretch your painful joints daily as a runner would her legs before a morning jog. Stretch them to the point just before it becomes too painful. You don't want to hurt yourself.

You might actually find that this practice feels good. Stretch to a point where you don't think you can go any further and then hold it there for 10 to 20 seconds. Do this throughout the day.

Start Swimming

Swimming is one of the best exercises for strengthening the muscles around sore joints and increasing oxygen levels in the body. Furthermore, swimming is better for the body than most other exercises because it is easy on the body.

If you can't swim well, then all you need to is walk back and forth in a pool for 30 minutes. This simple activity is enough to increase your breathing, get your heart rate and strengthen you body.

Rheumatoid arthritis pain relief can be achieved without popping a cup full of pills. For more tips on managing your arthritis pain, join our newsletter.

Learn more about treating [rheumatoid arthritis](#). Try this [rheumatoid arthritis diet](#). Learn about [natural arthritis pain relief](#).

Rheumatoid Arthritis Causes

By: [Peter Emerson](#) ★

Arthritis is an inflammation of the joints. Rheumatoid arthritis is a chronic disease that can result in stiff joints that are deformed with loss of movement. This condition can affect anyone, any age, at any joint. What is the exact cause of rheumatoid arthritis? The question still remains unanswered. There are several identified causes; it may, therefore, be a combined action of various factors.

Rheumatoid arthritis is often called as an autoimmune disease. It is a disease where the anti-bodies, or the white blood cells, attack the tissue or the specialized cells that make the human body. The anti-bodies in the blood normally fight the entry of any body that is foreign. But the disease causes them to attack and damage the body's own tissues by "mistake". In fact, it is the rheumatoid factor in blood that directs the anti-bodies. When the rheumatoid content increases, it causes a malfunction in the immune system. But strangely, research has proven that not all cases of inflammation of the joint or rheumatoid arthritis arises from increased rheumatoid factor in blood. It has also been said that rheumatoid arthritis can be caused by some infection of the immune system (for example, virus) though there are no tested proofs.

Interestingly, rheumatoid arthritis seems to affect women more than men. Research is still ongoing to identify a correlation of female hormones and the cause of rheumatoid arthritis. It has also been found that even though the rheumatoid factors get reduced in the blood of a pregnant woman, she may still have rheumatoid arthritis after the birth of the baby.

Rheumatoid arthritis may be a genetic disorder, meaning that there is the presence of a defective gene in the genetic make up of a person. Some studies have also pointed out environmental factors such as extreme cold weather as leading to rheumatoid arthritis symptoms.

Although there may be numerous causes for rheumatoid arthritis, the symptoms are the same. That is, the person may have inflammation, stiffness, and tenderness of joints that reduce free movement. In a later stage, rheumatoid arthritis affects other organs too. The only way to reduce the chances of having rheumatoid arthritis is by proper exercise and a diet supplemented with vitamins and minerals to sustain healthy bones and a healthy body.

[Rheumatoid Arthritis](#) provides detailed information on Rheumatoid Arthritis, Rheumatoid Arthritis Symptoms, Juvenile Rheumatoid Arthritis, Rheumatoid Arthritis Treatments and more. Rheumatoid Arthritis is affiliated with [Arthritis Pain](#).

Rheumatoid Arthritis And Pregnancy

By [Steven Quinn](#) ★

As everyone may well know, rheumatoid arthritis is systemic and also chronic and an autoimmune inflammatory disease affecting the joints that can affect women irrespective of their age. And, in the case of rheumatoid arthritis and pregnancy, women will undergo an alteration in their immune state that can change into an autoimmune disease, and there have also been ameliorating effects of being pregnant on a woman with rheumatoid arthritis, which has been confirmed by some recent studies on the subject. Nevertheless, there are as many as seventy to eighty percent of such patients that will experience remission while they are pregnant, though one quarter of these patients will suffer from rheumatoid arthritis during pregnancy and in some cases, the disease may worsen thereby needing to be treated even when the patient is pregnant.

Temporary Improvements

Whatever improvements are felt in rheumatoid arthritis and pregnancy are generally of a temporary nature with patients soon relapsing during postpartum period, and why there is improvement in rheumatoid arthritis and pregnancy has yet to be fully discovered. However, theories have been put forward such as it could occur due to changes in hormones during pregnancy, effects of pregnancy on immunity that is mediated by cells and alteration to neutrophil function during a pregnancy.

If you look at the figures related to rheumatoid arthritis and pregnancy, you will find that though rheumatoid arthritis does affect only one to two percent women, rheumatoid arthritis and pregnancy is not as rare a condition as one might expect it to be and women who are at an age of reproduction are most likely to be affected. There have also been studies on the effects of rheumatoid arthritis on pregnancy, and it has been found that majority of women in the US having rheumatoid arthritis may be relatively unaffected by their pregnant condition and the maternal morbidity rates among women with rheumatoid arthritis and pregnancy are about the same as for those who have rheumatoid arthritis and are not pregnant.

Furthermore, there is no evidence to suggest that rheumatoid arthritis and pregnancy have any effect on fetal outcome, though there are some reported instances of premature birth and even reduction in growth due to rheumatoid arthritis, while other reports do not suggest any change in fetal outcomes at all.

Thus, it would be safe to assume that there are no real long term effects on a woman's health condition as far as rheumatoid arthritis and pregnancy is concerned, and studies also point out there is no appreciable changes in the outcome of pregnancy in women

suffering from rheumatoid arthritis.

For more information on Arthritis such as: [Arthritis Care](#) and other good topics, visit my site at: <http://Arthritis-WebInfo.com>

Rheumatoid Arthritis Information

By: [Anthony McGarry](#)

Rheumatoid arthritis (RA) is a form of arthritis that causes pain, swelling, stiffness and loss of function in your joints. Rheumatoid arthritis is two to three times more common in women than in men and generally strikes between the ages of 20 and 50. Rheumatoid arthritis is different from osteoarthritis, the common arthritis that often comes with older age.

What are the symptoms of rheumatoid arthritis? In some patients with rheumatoid arthritis, chronic inflammation leads to the destruction of the cartilage, bone and ligaments causing deformity of the joints. Unlike osteoarthritis, which results from wear and tear on your joints, rheumatoid arthritis is an inflammatory condition. Because it can affect multiple other organs of the body, rheumatoid arthritis is referred to as a systemic illness and is sometimes called rheumatoid disease. The symptoms that distinguish rheumatoid arthritis from other forms of arthritis are inflammation and soft-tissue swelling of many joints at the same time. Thus, the pain of rheumatoid arthritis is usually worse in the morning compared to the classic pain of osteoarthritis where the pain worsens over the day as the joints are used. It is 4 times more common in smokers than non-smokers. More than two million people in the United States are affected by rheumatoid arthritis. This disease is three times more common in women than in men.

The main physical difference between osteoarthritis and rheumatoid arthritis is that with osteoarthritis when the cartilage between the bone ends has worn thin the pain results from the bone ends rubbing together. And with rheumatoid arthritis the cartilage is not thinned but the fluid filled membrane surrounding the joint becomes inflamed and the bones can actually start eroding.

It is suspected that susceptibility to rheumatoid arthritis is an inherited trait. The exact cause of rheumatoid arthritis is unknown, but it's believed to be the body's immune system attacking the tissue that lines your joints. But rheumatoid arthritis can also affect young children and adults older than age 50.

Some of the criteria used to diagnosis rheumatoid arthritis is morning stiffness of more than one hour of most mornings for at least six weeks, arthritis and soft-tissue swelling of at least three out of fourteen joints and arthritis of the hand joints.

There is no known cure for rheumatoid arthritis. Many types of treatments have been used to ease the symptoms. Some of the more common ones are acupuncture, apple diet,

nutmeg, nettles, prayer, bee venom and pollen, copper bracelets, rhubarb diet, rest, honey, fasting, magnets, vitamins and cortisone therapy.

It is highly recommended to see a doctor as soon as symptoms flare, to minimize joint deterioration and pain. A rheumatologist is a doctor who helps people with problems in the joints, bones, and muscles. Drugs can be used for pain relief, to reduce swelling, and to stop the disease from getting worse.

Please check my blog on rheumatoid arthritis at [Rheumatoid Arthritis Information](#) for further information on rheumatoid arthritis

Rheumatoid Arthritis - Better Management Through Knowledge

By: [Steve Knowles](#) ★

Rheumatoid arthritis is a disease that affects joints and may affect other systems in your body. As yet, there is no known cure. But recent research means that people with rheumatoid arthritis can have relieving treatment that lessens the pain and discomfort.

Rheumatoid arthritis affects approximately 3% of the population and effects 3 times more women than men. The disease usually develops between the ages of 25 to 50 but can occur really at any age. A similar type of arthritis affects children as well.

Rheumatoid arthritis may develop gradually or can start with an unexpected sudden attack. It is a chronic disease that may last a lifetime. Some people may often have times when the arthritis goes away, this is called a remission. These remissions can last weeks or even years.

What causes rheumatoid arthritis?

Although we know a lot about what happens in rheumatoid arthritis, we do not know the underlying causes. Research has come to the conclusion that triggering agents may cause the onset of the disease only in patients who have a tendency towards the disease. The triggering agent at fault is most likely a virus or bacteria.

If you have a close relative with rheumatoid arthritis, the risk of you developing the disease is a possibility at some time in your life. Diet, stress, trauma, hormones and weather probably do not cause rheumatoid arthritis but these areas may affect the amount of discomfort and pain experienced.

Rheumatoid Arthritis – What Happens?

Rheumatoid arthritis results from the changes in your body's immune system. No one quite understands why but when you have rheumatoid arthritis your body's immune system attacks its own organs and the tissues of the joints. This attack on your immune system makes many different things happen.

- Your joints and synovial membrane that lines them become inflamed
- This causes too much fluid to be produced in your joints

- The fluid and inflammation make your joints swollen and painful
- If this keeps happening your cartilage and other soft tissue can be damaged, causing joint deformities

Other happenings in your body when you have rheumatoid arthritis include:

- anaemia
- small swellings called nodules
- swelling around the eyes, blood vessels and heart
- enlarged lymph glands
- dry eyes and mouth

For further information about [rheumatoid arthritis](#) visit our informative web site

Ten Common Mistakes Rheumatoid Arthritis Sufferers Make

By: [Art Turner](#) ★

What are some common mistakes of sufferers of **rheumatoid arthritis**? What are things they should avoid or should make a priority? What precautions should they take to avoid rheumatoid arthritis pain?

1. People who suffer from rheumatoid arthritis must recognize that they need more sleep than they did before. A common mistake is to push too hard and not allow for enough time to rest.
2. It is a mistake to allow too much stress in life since stress negatively affects rheumatoid arthritis.
3. While people with rheumatoid arthritis feel more tired or fatigued they forget the value of aerobic exercise. Exercise actually increases energy levels and improves over-all health which will help with the rheumatoid arthritis.
4. Another mistake is to begin an activity too soon after a flare-up or a treatment- especially an injection into a joint. Exercise is great, but exercise smartly.
5. Another health-related mistake is to think that because they are seeing a rheumatologist regularly they don't need to continue to monitor other health needs. They should avoid the mistake of missing regular or annual checkups such as breast exams, prostate exams, and routine physicals.
6. Another mistake to avoid is forgetting to take a multivitamin. Treatments for rheumatoid arthritis suppress the immune system so it is important to be sure to get plenty of nutrition to help the body stay healthy.
7. It is important to build a routine or system to remember to take, not only vitamins, but also medications since many are not daily doses.
8. Many people with rheumatoid arthritis are unaware of recent research that shows a correlation between smoking and the early onset or severity levels of rheumatoid arthritis. Smokers who develop rheumatoid arthritis should stop immediately. Smokers at risk for

rheumatoid arthritis should stop before it develops.

9. Patients who are unsure of their doctor's diagnosis or who feel their questions are not adequately answered should always seek a second opinion. Rheumatoid arthritis is a life-long disease and patients should be happy with their care.

10. Some patients delay or don't start DMARDs (disease-modifying anti-rheumatic drugs). Many want to avoid the side-effects of these drugs, but the long-term effects without the drugs are worse.

These are ten common mistakes of people with rheumatoid arthritis. Precautions should be taken to avoid these mistakes.

Get complete [rheumatoid arthritis](#) information and the latest news about RA diagnosis and treatment.

<http://rheumatoidarthritisnews.com>

Even You Can Do Relaxing Rheumatoid Arthritis Exercises

By [Jason Hobbs](#) ★

Practicing rheumatoid arthritis exercise is considered as a stressful activity. An individual is not required to worry about rheumatoid arthritis, as exercises are now formulated to relieve from severe arthritis pain. It is believed that worrying about exercise really increases rheumatoid arthritis indications and lowers the body's usual healing process. Although pain is experienced, it is essential to carry out such rheumatoid arthritis exercise every day for better benefits. Individuals can practice the rheumatoid arthritis exercise by themselves while warming up in the morning or prior to the usual every day activities.

Stretching And Yawning:

Cats are regarded as masters of yawning, because while yawning they stretch themselves. Therefore, it is suggested to imitate them while carrying out rheumatoid arthritis exercise. Luxuriously and slowly stretch forth one after the other. If possible, lift the legs in stretch out. Yawning not only stretch outs an individual's neck and face muscles, but offer a deep inhalation of oxygen, which can assist the body to relax unconsciously.

Laughing:

This is considered as the one of the more pleasurable and often disregarded rheumatoid arthritis exercise. Even if an individual do not feel to laugh, it is suggested to just to pretend laughing for an instant, so that he will soon really tends to laugh. If it is very difficult to compel a person to laugh for rheumatoid arthritis exercise, in that case, it is suggested to watch a favorite comedy television program or remember the general giddiness of life. It is always nice to make a chat with somebody for any opportunity to laugh. The exercise will also assist in lowering the individuals stress levels.

Playing With Mud:

It is considered as playing in mud or with clay will be very beneficial in rheumatoid arthritis exercise. It helps by offering an exercise to individual's joints, but it is suggested to do enough of such work out. It does not involve making any shapes or anything recognizable. Just mess around with mud or clay for just ten minutes. As an unusual and

different rheumatoid arthritis exercise, it is beneficial for wrist and hand arthritis. It is not suggested to mess around with mud or clay with feet. However, before attempting such activity, it is advised to put down some newspaper or old towel. It sounds quite messy, but somewhat it may uplift in rheumatoid arthritis exercise.

These are just a few ideas of course there are many more.

If you would like to learn more about [Arthritis Advice](#) and receive a FREE Newsletter on the subject visit the authors site <http://www.arthritiselpadvice.com>

Rheumatoid Arthritis And Pregnancy Do Not Show Any Known Adverse Effects

By: [Jason Hobbs](#) ★

It might be well known to everyone that rheumatoid arthritis is not only systematic but also chronic and is a joint affecting autoimmune disease which could affect women of any age. And in the event of rheumatoid arthritis and pregnancy, women need to undergo an immune state alteration which could convert into an autoimmune disease. Not only this, it also has a soothing effect of getting pregnant on those women who suffer from rheumatoid arthritis as is confirmed from some of the current studies on the topic. However, there at least 70 % to 80 % of those patients which may experience some sort of remission in case they get pregnant despite the fact that a quarter of such patients would get rheumatoid arthritis at the time of pregnancy. Not only this, there are high chances of the disease getting more worsened which may result in treatment for those patients even at the time of pregnancy.

Irregular Improvements: The improvements felt in case of rheumatoid arthritis and pregnancy is generally momentary in nature and patients may get setbacks at the post partum period. In addition, it needs to be found out as to why the improvements in rheumatoid arthritis and pregnancy are still not explored completely. However, theories abound considering the fact that it might happen because of hormonal changes at the time of pregnancy, pregnancy effects on immunity which get mediated by the cells and the neutrophil function variation at the time of pregnancy.

In case the numbers with respect to rheumatoid arthritis and pregnancy are to be believed, a person would observe that although rheumatoid arthritis has its effects on one to two percent of women, rheumatoid arthritis and pregnancy is not an unusual condition as it is generally expected of.

In addition, it has more likelihood of affecting those women who are at their conceiving age. Studies carried out on the effects of rheumatoid arthritis on pregnant women have revealed that a large number of American women who suffer from rheumatoid arthritis and pregnancy may largely remain unaffected from their pregnancy. Not only this, the assessment has also revealed that the rates of maternal morbidity amongst women suffering from rheumatoid arthritis and pregnancy are similar to those women suffering from rheumatoid arthritis and are non-pregnant.

In addition there is lack of confirmations signifying that both rheumatoid arthritis and pregnancy has any sort of impact on the outcome of the unborn child. Although there are certain examples of growth diminution and premature birth because of rheumatoid arthritis, the other reports are devoid of any fetal outcome change whatsoever.

Hence, one can safely assume that as far as rheumatoid arthritis and pregnancy is concerned, the chances of any actual long term effects on the health condition of woman are nil. Studies have also concluded the fact that the outcome of pregnancy in case of pregnant women does not hint at any appreciable changes.

If you would like to learn more about the causes and problems of [Arthritis](#) and receive a FREE Newsletter on the subject visit the authors site <http://www.arthritiselpadvice.com>

Lymphoma-A Consequence Of Rheumatoid Arthritis

By: [Groshan Fabiola](#)

RA, rheumatoid arthritis, is a disease that affects the cells around the joints. Rheumatoid arthritis involves a lot of pain but in the advanced stages can also mean immobility because in time, the tissues around the joints are deteriorating.

Not affecting the tissues around the joints, but the lymphatic tissues, lymphoma is a type of cancer that leads to weak immunity for the human body and affects the lymph nodes. The white cells, especially the plasma ones can't end their mission of locating and destroying antigens or foreign materials because of the malignant or lymphoma lymphocytes that divide and enlarge the lymph nodes or other organs like stomach or intestines.

It is well known that lymphoma makes more victims around men who past the age of 60, while rheumatoid arthritis chooses women. Trying to determine a connection between these two diseases we can easily figure out that the risks for a person to have both these diseases are low.

After further research scientists obtained a conclusion quite different from what we had imagined earlier. Patients with rheumatoid arthritis have chances to develop lymphoma. Their chances grow with their stage of disease. For a low degree rheumatoid arthritis patients the risk of developing lymphoma is not so high, but for those with a moderate or high level of rheumatoid arthritis the chances to develop this type of cancer are real high.

Archive notes tell us that in the last 30 years a insignificant percentage of rheumatoid arthritis patients suffered from lymphoma, being counted a number of less than 400 patients.

Patients with a very severe form of rheumatoid arthritis risk to develop lymphoma more than the other cases.

Most of all, the later studies show us that the treatment for rheumatoid arthritis has no connection with the development of lymphoma. The study was made over a rheumatoid arthritis specific treatment including methotrexate, oral steroids, anti-inflammatory drugs and aspirin.

Despite this study we can still hear opinions about the connections between rheumatoid arthritis treatment and the development of lymphoma, as a consequence.

Perhaps we have to take these opinions seriously, even though the two diseases rheumatoid arthritis and lymphoma refer to different types of patients, because both of them affect tissues and stop the white cells to take care of the immune system. That's why patients with moderate or severe rheumatoid arthritis should talk to a specialist that could help them reduce the risks of lymphoma.

For more resources about [lymphoma](#) or even about [symptoms of lymphoma](#) please review this page <http://www.lymphoma-center.com/symptoms-of-lymphoma.htm>

Rheumatoid Arthritis and Smoking - Evidence That Smoking Increases Your Risk

By: [Elle VanHamagansky](#)

Smoking or nonsmoking?

How many times have you been asked that question when you entered your favorite restaurant?

If you answered nonsmoking, you are directed to a smoke-free area where you can eat your food without the rancid smell of smoke to truly enjoy the flavor of your food. After all, you pay hard-earned money to go and enjoy a meal. You don't want someone else's smoking to interfere with your evening. Hopefully you will continue to choose the nonsmoking section because studies show that smoking increases your risk of developing rheumatoid arthritis, as well as many other different medical difficulties.

It used to be smoking was allowed in every public place, but that's simply not the case anymore. There are some states that ban smoking in public gathering places. Despite the money that is made from smoking, cities and states are banning together to read the facts about smoking and don't wish to remain vulnerable for potential lawsuits. The health industry is becoming quite successful at relaying the health hazards associated with smoking. You want the facts, right? Well, let's discover what smoking does to your body.

Smoking gives you...

- An empty wallet
- Bad breath
- Breathing difficulties
- Frequent colds and coughs
- Lung cancer
- Medical difficulties
- Prison-like addictions

- Risk of infections
- Smelly clothes
- Yellow fingertips and teeth

How can smoking make my rheumatoid arthritis worse?

Statistics show that cigarette smoking causes 87% of lung cancer deaths. Smokers are about twice as likely as a nonsmoker to suffer from rheumatoid arthritis. If you already have rheumatoid arthritis, smoking can make the disease and pain worse. Smokers with rheumatoid arthritis are more likely to develop complications of rheumatoid arthritis that affect parts of the body other than joints than nonsmokers.

What is rheumatoid arthritis?

Rheumatoid arthritis causes chronic inflammation and degeneration of the joints, especially the fingers, hands, shoulders, knees, feet, and ankles. It is easily recognizable by swollen joints, by x-rays revealing erosion around the affected joints, and by the presence of antibodies in the blood known as the rheumatoid factor.

What does rheumatoid arthritis cause?

Rheumatoid arthritis causes many medical deficiencies such as:

- Anemia
- Crippling pain
- Fatigue
- Fever
- Stiffness
- Swelling
- Uncontrollable weight loss

How can smoking cause rheumatoid arthritis?

Researchers aren't positive of the reason why smoking increases rheumatoid arthritis, but they are sure that smokers have worse rheumatoid arthritis than nonsmokers. The more years and more frequently you've smoked can dramatically increase your chance of worsening the symptoms of your rheumatoid arthritis.

How many people are afflicted with rheumatoid arthritis?

About 2.9 million Americans suffer from rheumatoid arthritis.

Which gender is more susceptible to suffer from rheumatoid arthritis?

Women are two to three times more susceptible than men to be diagnosed with rheumatoid arthritis.

At what age do people acquire rheumatoid arthritis?

The typical age that people get rheumatoid arthritis is between the ages of 25-50.

You don't want to suffer from rheumatoid arthritis?

You don't have to! The perfect answer for you is [Rhumatol](#). This product eases the pain of your arthritis, without the side effects of prescription medications, so you can start living your life without pain. Stop smoking and start living!

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

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

Arthritis Symptoms

http://www.arthritispainbegone.com/what_are_arthritis_symptoms.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 "Hyacinth Allen". The signature is written in a cursive, flowing style.

