WHAT **YOU** NEED
TO KNOW

MANAGING ARTHRITIS IN OLDER PERSONS

MediSystem™
Pharmacy

A SHOPPERS DRUG MART COMPANY

WHAT IS ARTHRITIS?

The word arthritis means joint inflammation. The risk of developing arthritis increases with age, with women generally being at higher risk than men. In Canada, it is estimated that approximately *1 in 6 people over the age of 15* have been diagnosed with some form of arthritis.

There are over 100 different kinds of arthritis, with the most common types being *osteoarthritis* and *rheumatoid arthritis*.

Osteoarthritis	Rheumatoid Arthritis
■ *A condition that is generally associated with aging and/or injury*	■ *An immune disorder that causes the immune system to mistakenly attack healthy tissue*
■ *Tends to affect people who are aging or people whose joints have become damaged by prolonged use*	■ *Can occur at any age*
■ *Associated with unmatched pain/swelling in joints (eg. affecting one knee vs both knees)*	*Associated with 'symmetrical' pain and swelling (eg. affects knuckles on both hands)*
■ *Symptoms include joint stiffness, swelling and pain*	■ *Symptoms include joint pain, morning stiffness, tenderness, limited movement, swelling and redness of joints. Some people also experience flu-like symptoms such as fatigue, weight loss or fever*
■ *Pain and stiffness tend to worsen over the course of the day*	■ *Pain and stiffness last longer than 30 minutes in the morning or after a long period of inactivity*

HOW IS ARTHRITIS TREATED?

The goals of treatment are to reduce pain and to improve functionality. Some common medications used to treat arthritis include:

■ *Non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen or celecoxib*

■ *Corticosteroids, such as prednisone*

■ *For rheumatoid arthritis, disease-modifying antirheumatic drugs (DMARDs) can be effective in preventing inflammation and preserving joint health*

■ *Over-the-counter products or prescription medications such as opioids can be used to manage pain*

For more information on arthritis, speak to your MediSystem pharmacist.

REFERENCES:

www.arthritis.org   www.arthritis.ca