

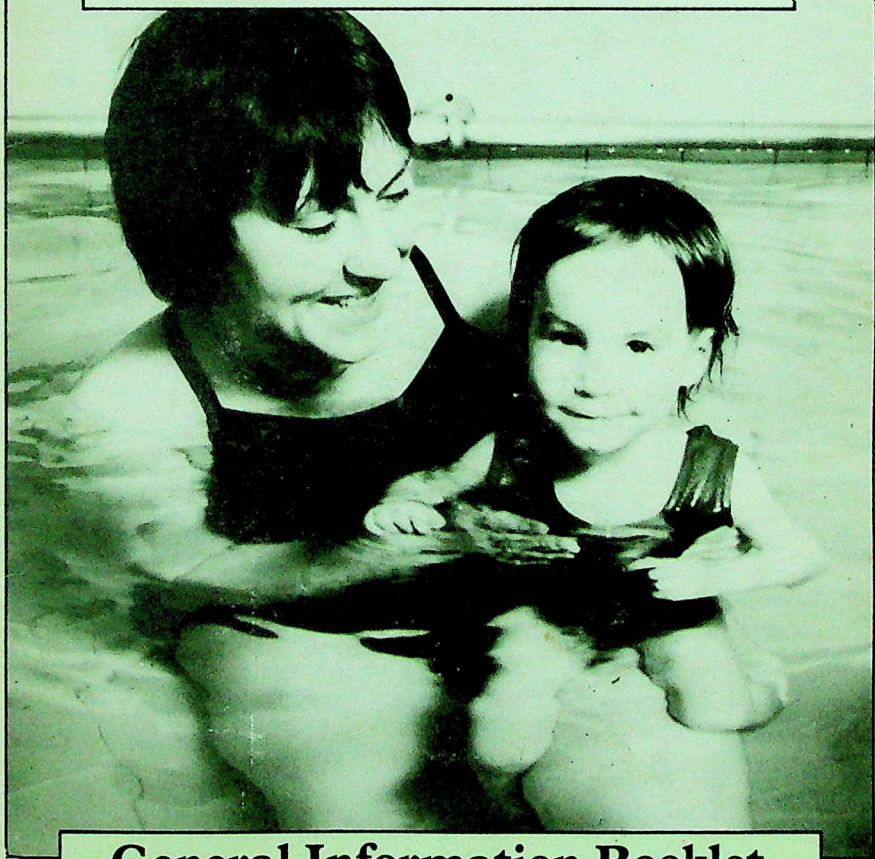
PUBLISHED BY THE ARTHRITIS AND RHEUMATISM COUNCIL

ARC



Introducing

ARTHRITIS



General Information Booklet

Complimentary copy from Dr. K.S. Sahya Prasad



Introduction

The information given in this booklet on specific rheumatic diseases is general and should not be used as a patient's guide to these ailments.

If you have been diagnosed as suffering from one of the major rheumatic diseases please write in for one of our patient handbooks or leaflets on that illness (*see opposite Barry Sheene's letter for details*).

If we have no published information on your illness, please write and let us know. The range of our patient literature is always under review and, if there is a need, we may ask a specialist to prepare a leaflet suitable for publication.

The Overall Picture

Arthritis And Rheumatism Explained

Arthritis means disease of, or damage to, the joints. Rheumatism is a more general term used to cover any pain in your bones, muscles, joints and the tissues surrounding the joints. The term "rheumatic diseases" is used to refer to all types of arthritis and rheumatism.

Different Types

There are about 200 different kinds of rheumatic disease. Fortunately many of them are rare, they fall into four main types:

Back Pain: may be due to mechanical stress on the spine, degeneration and prolapse of the discs, inflammation of ligaments and in the joints of the spine and pelvis (eg *ankylosing spondylitis*), degeneration and bony outgrowths with entrapment of nerves (*spondylosis*) and diseases of bones. Sometimes there is no obvious physical cause for back pain.

Soft-Tissue Rheumatism: pain in the structures around the joints often related to minor injury or over-use, they are usually short-lasting spells of pain, for example, "tennis elbow".

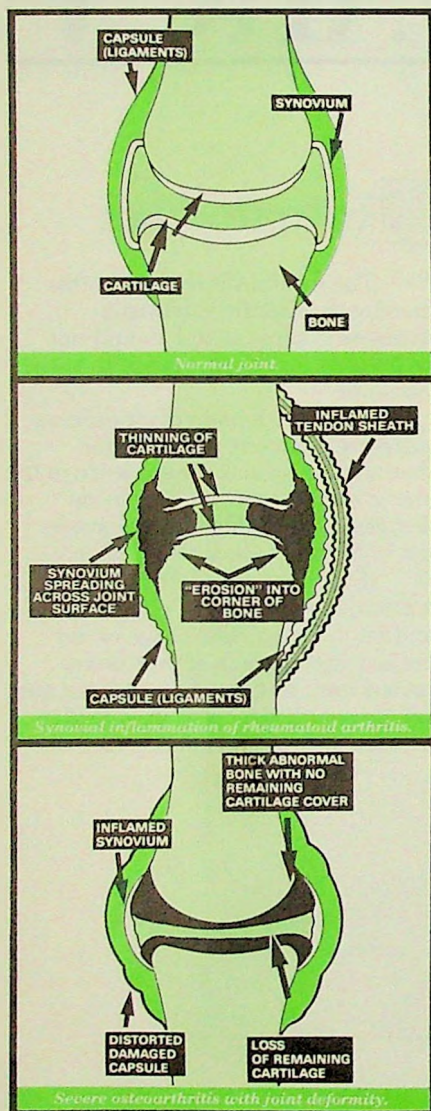
Inflammation Of The Joint Lining: can cause extensive damage to the joints. Rheumatoid arthritis is a case in point.

Damage To The Surfaces Of The Joints: Osteoarthritis (also called "osteoarthritis") is a common example. It is these last two types of arthritis which can cause the most suffering and disability.

SEE THESE ARC BOOKLETS AND LEAFLETS

Ankylosing spondylitis
rheumatoid arthritis explained
Gout
Osteoarthritis explained

Backache
Pain in the neck
Lupus: SLE
Polymyalgia rheumatica (PMR)
Tennis elbow



Muscle and Bone Disorders

Changes in bones and muscles sometimes occur with arthritis, and can complicate it. Thinning of bone (osteoporosis) is common, especially in older people, and can cause fractures in those with or without a rheumatic complaint. Other bone diseases or inflammation of muscles can produce pain and disability similar to those caused by arthritis.

The Causes

We now know what lies at the root of some rheumatic diseases. For instance, modern research has led to an understanding of gout and nowadays it can be effectively treated.

Unfortunately, we do not yet know the initiating cause of many other diseases, including rheumatoid and osteoarthritis. They are probably caused by a combination of several factors.

Recent research has revealed a great deal, for example, about what causes inflammation of joints and how they are damaged, but much more research needs to be done to discover the initial cause.

The Victims

Rheumatic disease is no respecter of age, sex, race or social status. It is certainly not just a problem in the elderly. Children may get arthritis, and the most common and serious forms usually begin in young adults. It is a common disease throughout the world.

Rheumatoid arthritis tends to start in women in their 30's. Ankylosing spondylitis (a common form of spinal arthritis) affects young men. Osteoarthritis usually starts around the age of 50.

SEE ARC BOOKLET,
When your child has arthritis



Rheumatic disease is no respecter of age.



Children may also get arthritis.

Family Risk

Rheumatic disease is not infectious. Some types of arthritis show a tendency to run in families, (*ankylosing spondylitis, rheumatoid arthritis, gout and osteoarthritis are examples*), but it is unlikely that a simple genetic factor will be involved.

Most rheumatic diseases do not run in families, and the fact that some members of your family have arthritis does not necessarily mean that you will suffer. Unfortunately, it is not yet known how arthritis can be prevented.

Allergy and Diet

Occasionally an allergic reaction to food or something else will cause inflammation of joints, or aggravate some forms of arthritis. However, allergies do not seem to be the cause of most forms of arthritis and rheumatism. Food is also unlikely to cause or affect the condition in most sufferers, although what you eat may occasionally make a difference, as is explained later.

SEE ARC FACTSHEET
Allergy

The Weather

Changes in the weather can affect feelings of pain and stiffness, but they make no difference to the progress of the disease for good or ill. When rain threatens and the barometer falls sufferers tend to feel worse while in a warm, even climate they may feel better. But ultimately changes in country or conditions will affect neither the disease nor its outcome.

SEE ARC FACTSHEET
Weather

The Statistics

About 20 million people in Britain alone experience some form of rheumatic complaint during the course of a year. Around 8 million will seek help from their family doctor.

Of these, 5 million suffer from osteoarthritis, another one million from rheumatoid arthritis. Many others have one of the less common complaints and



Most
rheumatic
diseases don't
run in families.



Sufferers
often feel worse
when the weather changes.

about 15,000 children suffer from a juvenile form of arthritis.

Almost everyone knows someone with arthritis or rheumatism. Indeed, most of us will get some form of mild backache or rheumatic pain at some time in our lives. Fortunately most of these episodes are due to minor damage, and cure themselves or respond quickly to treatment. Significant arthritis and rheumatism probably affects about one in seven of the population.

The Cost

Out of every four patients who visit their GP one will probably be an arthritis or rheumatism sufferer. The rheumatic diseases account for one-third of all severely-disabled people in Britain. They are the biggest single cause of disability in the country today. They cost the country a huge amount in hospital and social services bills, as well as around 88 million lost working days a year.

But the biggest cost is borne by the millions of people who have to face living with arthritis, and the pain, suffering and disability that means.



Most cases respond quickly to treatment.



Everyone knows someone with arthritis or rheumatism.

2: Symptoms And Treatment



There may be swelling and tenderness.



Spotting The Signs

Fortunately most aches and pains felt in and around the joints are not arthritis but are caused by some mild form of rheumatism that will disappear.

Arthritis produces persistent pain, stiffness and difficulty in using the joints. There may be swelling and tenderness of the joints, feeling of extreme tiredness and lethargy. Occasionally, some types of arthritis cause fevers, rashes and other symptoms.

Remember: If in doubt consult your doctor

A Cure?

Unfortunately, as yet there is no absolute cure for the rheumatic diseases. But gout, for instance, can be easily and effectively controlled, though it may need lifelong treatment. Other forms of arthritis, including rheumatoid and osteoarthritis, SLE (*systemic lupus erythematosus*) and connective tissue diseases can be effectively suppressed by proper treatment.

Thus there are recognised forms of therapy which can alleviate all types of arthritis and rheumatism. This means that most sufferers are now able to lead full lives with relatively little pain or disability.

However, sadly a few people still develop severe, crippling arthritis in spite of modern treatment, so more research is badly needed.

Remember: Arthritis and rheumatism can always be treated – even if they cannot be cured.

Help!

Go to your family doctor first. If he needs specialist advice he may refer you to a rheumatologist – a hospital doctor who specialises in the rheumatic diseases.

Forms Of Treatment

There are many different ways of treating arthritis and rheumatism.

Drugs usually ease symptoms and help to keep the disease under control. Surgery such as joint replacement is advisable when serious damage has been sustained. Exercise is often helpful in strengthening muscles and increasing the range of movement of your joints. There are now several other treatments being used by hospital doctors and reputable alternative practitioners.

Your doctor will be able to help, advise and explain the facts about your disease to you.

Remember: Lots can be done for arthritis and rheumatism. Get the best advice – and follow it!

Therapy

There are highly-trained, skillful professional therapists able to provide a lot of help for people with arthritis. The aim is to keep the patient as mobile and independent as possible.

Physiotherapists can prescribe exercises and help increase the strength of muscles, the range of movement of joints, and the function of the limbs.

Occupational therapists advise on joint protection and can provide the various aids and appliances which allow sufferers to be independent, even if severely affected by arthritis. Both these special therapists may help with splints, walking aids and other ways of protecting joints and improving movement.

SEE ARC BOOKLET, Your home and your rheumatism



Exercising helps keep the patient mobile





Joint replacement surgery has been remarkably successful.

Exercise Versus Rest

Rest assured joints do not wear out from exercises prescribed by a qualified practitioner. It is important to keep arthritic joints active and make sure that once or twice a day they go through a full range of movement. That means, as far as they can go in each direction.

Because there are many different types of arthritis, affecting people of all ages, specific advice about the best type of exercises cannot be given in this booklet. Your doctor or a physiotherapist should be able to help in individual cases.

The amount of exercise you can do will vary – in general little and often is better than prolonged continuous exercise. If a particular activity causes a lot of pain, lasting for over an hour, it is wise to avoid it. Normally, doing a little too much is better than doing much too little.

Remember: Keep active and keep the joints moving.

SEE ARC FACTSHEET
Exercise

Drugs: Benefits And Side-Effects

Drug therapy has made an enormous difference to most sufferers. Drugs can cause significant relief from symptoms and may help control diseases and prevent progression.

Unfortunately there is no effective medication for any disease that does not sometimes cause side-effects. There are a number of different drugs of several different types, so it is usually possible to find a suitable medicine for each sufferer, without causing problems. Severe side-effects are very rare.

However, drug therapy is still far from ideal. More research is being done to increase the effectiveness and reduce the chances of side-effects from drugs, and more work is needed.

Remember: Be careful with drugs. Use them as advised – they will probably help. If there are unwanted effects go to your doctor immediately.





Hobbies can alleviate stress.



Healthy eating is important.

Surgery

Surgery is usually only necessary or advisable when both the damage to the joint and the pain are so severe as to make life intolerable. Joint replacement surgery has been remarkably successful for arthritis sufferers whose joints are severely damaged. There are also other types of pain-relieving or reconstructive operations which are sometimes helpful.

SEE ARC LEAFLET
A new hip joint

Stress

Stress often seems to cause a temporary flare-up of symptoms. Sufferers usually get on better if they can accept the disease and are not over-stressed either physically or mentally. However, there is no evidence that stress can cause arthritis.

Chronic disease means deteriorating function and that can make it difficult to maintain normal personal relationships and employment. This in turn can lead to considerable anxiety and depression. Counselling is available from your family doctor or someone he or she may recommend.

SEE ARC BOOKLET, Marriage, Sex & Arthritis

See also under "Useful Addresses" for organisations which offer a counselling service.

Diet And Drinking

It is unhealthy to be overweight and usually makes arthritis more painful and difficult to cope with. But what you eat doesn't usually matter as long as you don't eat too much.

A few patients find that their joint pain improves if they change their diet, but most do not; and the type of food that makes a difference seems to vary. Research is being done to try and understand this better, but at present the best advice for most people seems to be keep to a normal, healthy diet.

As far as alcohol is concerned, the risks and benefits are no different whether you have arthritis or not.

Alternative Therapies?

Alternative remedies such as osteopathy, homoeopathy and the like are popular among many patients. If approached wisely and with proper medical guidance they can be of help, though usually in the treatment of symptoms rather than the disease itself. But it should be stressed that if you think you are suffering from arthritis or rheumatism in any form, See Your Doctor First. Once you have been given a sure diagnosis and understand any limitations of medical treatment, then by all means explore the possibilities of alternative treatment provided both your doctor and the alternative practitioner are working in the same direction.

Alternative therapy may be beneficial, but its effectiveness is not necessarily based on scientific proof, so much as experience. That is why it is important to get a correct diagnosis because this will automatically suggest a method of treatment which an alternative practitioner can work alongside.

Remember: Make Sure You See Your Doctor Before You Seek Treatment From An Alternative Practitioner.

Improvement And Deterioration

Arthritis does not inevitably get worse.

It may do, but in most cases modern therapy helps keep the sufferer fit and active, and helps prevent progressive joint damage. Symptoms and mobility often improve even if the arthritis doesn't go away. Very few people with arthritis become crippled.

Remember: Don't get despondent. Arthritis can respond well to treatment. The pain, stiffness and disability can always improve.



This girl has completely recovered from juvenile arthritis.



3 : Introducing The Arthritis And Rheumatism Council



Charitable Status

We receive no State aid and rely entirely on voluntary donations. We are a national charity founded in 1936 to raise money for research into the cause and cure of arthritis and rheumatism. Our secondary aim is to promote a better understanding of rheumatic disease among patients, doctors and those concerned with the patients' treatment and care, and the general public.

Both these objectives aim at providing a better treatment for all who suffer from these painful diseases.



What We Do

Currently we raise over £6 million a year. These resources are used in a number of ways:-

Research:

One hundred and sixty short-term research projects are being funded at the moment in hospitals, universities and laboratories throughout the country. They involve research into rheumatoid arthritis, osteoarthritis, connective tissue disease, biomechanics, studies of the spine and many other aspects of rheumatic disease.

The research ranges from laboratory-based investigations into the possible basic causes of the disease, to clinical and surgical studies into improvements in treatment and prevention, and studies into the social and psychological consequences of coping with the disease.

We also support 15 research units engaged in long-term rheumatology research. Most of these have been built up by ARC funding in the past. Many of them have developed an expertise and track record in research into one aspect of rheumatic disease and the work of each research team concentrates on that area. This involves collaboration between clinical and laboratory research workers. Other units have educational and clinical commitments to rheumatology, and ARC funding provides the essential support they need to meet these commitments.

Over the last 7 years we have seen our income increase four-fold. It is likely that by 1987 we will be contributing at least £7 million a year to rheumatology research in the UK.

Education:

For general practitioners and hospital doctors

Regular reports on the rheumatic diseases are sent free to all NHS general practitioners and some hospital doctors.

Tape/slide teaching programmes are available on aspects of the rheumatic diseases.

For medical students

We fund 21 appointments of professors and lecturers in rheumatology in medical schools to ensure that future generations of general practitioners receive a better education about the rheumatic diseases and their treatment. Collected editions of our reports on rheumatic diseases are issued free to medical students.

For paramedical staff (nurses, physiotherapists, occupational therapists, etc)

We fund bursaries and scholarships for research. We encourage paramedical staff to develop their knowledge and skills in the care of rheumatic patients.

For patients and those concerned with their care

We produce literature on many of the rheumatic diseases and on how to cope with daily living (*see opposite Barry Sheene's letter for details*).

For doctors and scientists working in rheumatology research

We sponsor meetings for the exchange of ideas and the furthering of knowledge about the rheumatic diseases.

Research Progress

Research has already produced benefits for sufferers, for example:

Rheumatic fever has almost entirely disappeared from western society

Gout is now entirely controllable.

Diagnosis has improved immensely. It is possible to give a more accurate forecast of the course of the disease and tailor treatment accordingly.

Joint replacement surgery has transformed the lives of arthritis sufferers. More research is being done on the materials used to make the "spare





One of our sponsored supporters.

parts" and on other joints for replacement.

Drug treatment has meant that many more rheumatoid patients have an improved chance of keeping their disease in check with a significant reduction in side-effects.

Patient management has improved because of a greater awareness of the effects of the rheumatic diseases on a patient's lifestyle and mobility. This has led to help and understanding being given to sufferers to help them cope with the social aspects of their disease.

Basic research in rheumatology has very wide implications in medicine in general. Rheumatology research has made important contributions to improved understanding of various heart and lung conditions, kidney disease, etc as well as into the rheumatic diseases.

More To Be Done

Over the last seven years our income has increased four-fold. This tremendous achievement is due largely to the efforts of our 1,100 fund-raising branches and to our millions of supporters. The Council has contributed an immeasurable amount of money to rheumatology research in this country and we have every reason to believe that we will continue to do so.

There is now real hope that arthritis and rheumatism can be beaten. The Arthritis & Rheumatism Council is committed to seeing these diseases eradicated. But we need continuing funds to maintain the research that will do so. You can keep up to date with our progress through the **ARC Magazine**, which is published three times a year.

You Can Help

There are three ways you can join in the fight against arthritis:

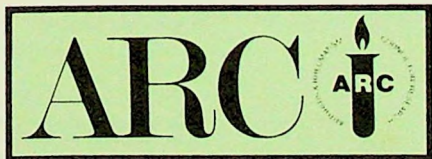
- send a donation or take out a Deed of Covenant;
- become an active member of one of our 1,100 local fund-raising branches;
- remember ARC in your will.



The Arthritis And Rheumatism Council Needs Your Help

For the address of your local fund-raiser
consult your local telephone directory,
or write to:

The Arthritis & Rheumatism Council
41 Eagle Street, London WC1R 4AR
Telephone: 01-405 8572



Useful Addresses:

Arthritis Care, 6 Grosvenor Crescent,
London SW1X 7ER
(01-235 0902)

Organises self-help groups for arthritis sufferers.

CARE Trust, Dr Anne Townsend
(Christian Action Research and Education), 21A Down Street,
London W1Y 7DN
(01-499 5949)

Keeps a register of local Christian counselling groups throughout the country.

Disabled Living Foundation,
380-384 Harrow Road, London W9 2HU.
(01-289 6111)

Runs an Aids Centre where aids and gadgets for the disabled may be seen and demonstrated.

Marriage Guidance Council, (see local telephone directory under "Marriage Guidance")

RADAR, Royal Association for Disability and Rehabilitation,
25 Mortimer Street, London W1
(01-637 5400)

Runs a national co-ordination body for physical disability and provides a wide range of literature of interest to disabled people.

ARC BOOKLETS AND LEAFLETS:

Ankylosing spondylitis

Are you sitting comfortably?

A guide to choosing easy chairs

Backache

Gout

Introducing arthritis

Lupus (SLE)

Marriage, sex and arthritis

Osteoarthritis explained

Pain in the neck

Rheumatoid arthritis explained

When your child has arthritis:

A parents' guide

Your home and your rheumatism

Tennis elbow (L)

Polymyalgia rheumatica (L)

A new hip joint (L)

ARC MAGAZINE

For keeping up to date with progress on ARC-funded research read our magazine which is published three times a year.

ARC

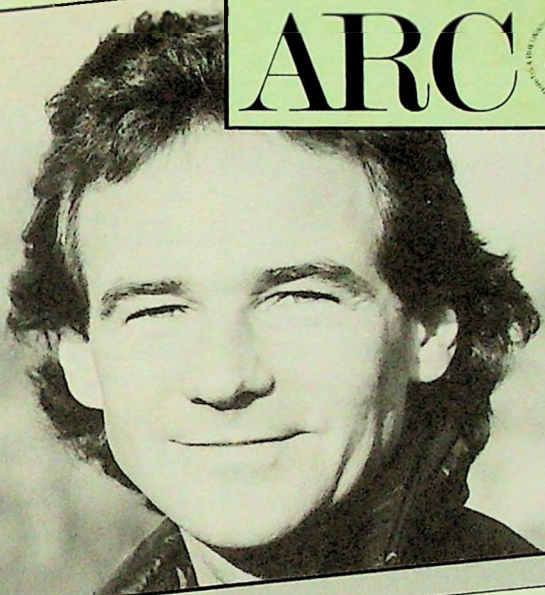


Photo: Richard Francis/All Action

DEAR READER,

I'm amazed to learn that only one person in fifty will escape some form of rheumatic complaint in their lifetime, and that one child in every thousand suffers from a juvenile form of arthritis.

With statistics like these it is good to know that The Arthritis & Rheumatism Council is working to find the cause and cure of rheumatic disease.

The Council is a charity and this handbook could not have been produced without the voluntary donations their work depends on.

Rheumatic disease causes so much pain and disability we need to fight it. You can do your bit by completing and returning the response form at the back of the booklet.

BARRY SHEENE

ARC



Working For Your Benefit

The booklet you're reading has been produced free because of donations given to The Arthritis & Rheumatism Council.

The ARC is the only national charity in the UK raising money solely to further research and knowledge into these all too common diseases.

The ARC raises over £6 million a year for rheumatology research in hospitals, universities and laboratories throughout the country.

This is practical research into the causes and treatment of arthritis which will ultimately be to your benefit and that of fellow sufferers.

Arthritis And Rheumatism — The Facts

Rheumatic disease is the greatest single cause of disability in the UK today.

It affects about 20 million people, and between six and eight million of those are significantly affected.

One child in every thousand suffers from a juvenile form of arthritis.

Only one person in 50 will escape some form of rheumatic complaint in their lifetime.

Arthritis costs around 88 million lost working days each year.



ARC practical research benefits all sufferers.



Research helps for better understanding of rheumatic diseases.



With a few adaptations to his equipment this photographer is able to continue his profession.

■ The Response

The Arthritis and Rheumatism Council is . . .

. . . sponsoring a *major effort* to find the cause and cure of these painful diseases (there are over 200 of them)

. . . funding *160 short-term projects* in hospitals, universities and laboratories

. . . supporting *15 research units* involved in long-term investigation into rheumatic diseases

. . . circulating *regular reports* on practical aspects of treating patients with rheumatic diseases to all NHS family doctors and some hospital doctors

. . . funding *21 appointments* of professors and lecturers in rheumatology at medical schools to make sure the next generation of doctors receives a better education about the rheumatic diseases and their treatment

. . . supporting *bursaries and scholarships* to help physiotherapists, occupational therapists and other paramedical staff develop their knowledge and treatment of rheumatic patients

and, of course, producing *booklets, leaflets and factsheets* like this (a complete list is available on request) explaining in detail many of the common rheumatic diseases and helping patients learn how to cope with daily living.

■ The Good News

Steady progress is being made through ARC-funded research. More is now known about the diseases, and some are now controllable. Advances in treatment, therapy and joint replacement have been significant. There's no need for most rheumatic patients to suffer unduly or have their lives unnecessarily restricted by their disease.



ARC Branch member on the right recruiting a new member.

☐ The Bad News

The amount of research we can support and, as a result, the success of our fight against arthritis and rheumatism is limited to the amount of money we raise.

ARC receives no State aid at all. We rely entirely on voluntary contributions.

The need is urgent and the task is great.

☐ How You Can Help

By giving – every little helps; and by telling others about the work ARC is doing to improve the life of arthritis and rheumatism sufferers.

Out of every £1.00 given, only 3p goes on administration so your money will be well used.

There is a real hope that arthritis and rheumatism can be beaten. You can be part of this battle. We need your assistance.



50th Anniversary

1986 sees ARC's 50th anniversary. That means 50 years of achievement. The advances made through research have been considerable. We now understand the mechanisms of arthritis much better, and the result has been significantly improved treatments for sufferers. Not only that but more people than ever before are able to keep the diseases at bay.

We are determined to continue our research until we reach our ultimate goal – the complete elimination of the disease. Using our anniversary celebrations as a spring board we are launching an all-out effort to raise the £23 million we will need in grants to make that goal possible by maintaining the current level of research.

You can help by sending ARC a special 50th anniversary contribution.

HELP US IMPROVE OUR SERVICE

It would be helpful to us (and ultimately to you and other fellow-sufferers) if you could complete this questionnaire and send it to the ARC at the address below.

Has this booklet been

Simply tick the appropriate box

☐

helpful

☐

not particularly useful

☐

not worth reading

Is this booklet:

☐

easy to understand

☐

a bit too complicated

☐

difficult to understand

Does this booklet contain:

☐

all you wanted to know

☐

some things you wanted to know

☐

nothing of help or interest

Are there still unanswered questions? Please let us know if you think so:

Please send the completed questionnaire to:

The Arthritis and Rheumatism Council, 41 Eagle Street, London WC1R 4AR.

The Appeals Secretary for Scotland, 29 Forth Street, Edinburgh EH1 3LE.

Thank you

RESPONSE FORM

Please send the completed form to:

The General Secretary
The Arthritis & Rheumatism Council OR
41 Eagle Street
London WC1R 4AR

The Appeals Secretary
for Scotland
29 Forth Street
Edinburgh EH1 3LE



(please tick)

- ☐ I enclose my contribution of £* to the 50th anniversary appeal.
- ☐ I would like a Deed of Covenant. Please send me details.
- ☐ I would like to subscribe to ARC Magazine. I enclose £1.00 for the first three issues.
- ☐ Please send me details how I may be able to help the ARC in my neighbourhood.
- I wish to pay my donation by Access ☐ or Visa ☐.
- My credit card Number is Signature

NAME _____

ADDRESS _____

_____ Post Code _____

*CHEQUES OR POSTAL ORDERS SHOULD BE MADE PAYABLE TO "A.R.C FOR RESEARCH" AND CROSSED
"ACCOUNT PAYEE ONLY". YOU MAY ALSO USE YOUR CREDIT CARD TO DONATE BY TELEPHONE
DURING OFFICE HOURS ON 01-405 8572.



THE ARTHRITIS & RHEUMATISM COUNCIL, 41 EAGLE STREET, LONDON WC1R 4AR

