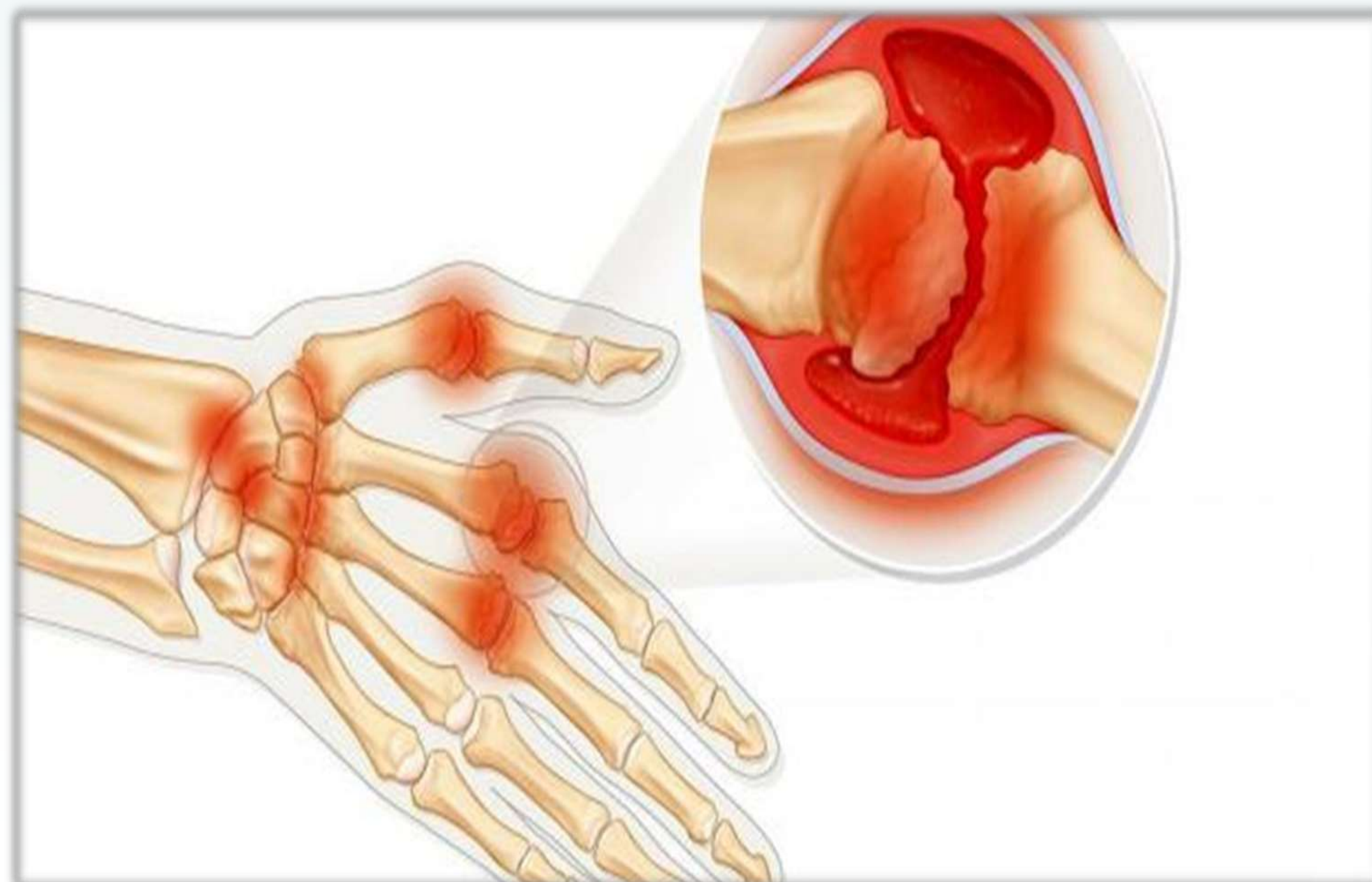


Introduction

Arthritis is inflammation that can affect the knees, the joints in the palm of the hand, or part of the spine

Symptom

The most common symptoms of arthritis are related to the type of inflammation, and can include: pain, stiffens, swelling ,redness
Decreased range of motion.



Risk factors

Include: Family history, Age, Gender Previous joint injury and Obesity, Infection, Occupation, Smoking , Hormone.

Complications

If you have severe arthritis, especially if it affects your hands or arms, it can be difficult to carry out your daily tasks.

Prevention

- Stay at a healthy weight
- Control your blood sugar
- Exercise
- Avoid injury
- Quit smoking

Treatment

Physiotherapy surgeries
Drugs: NSAIDS, or nonsteroidal anti- inflammatory drugs: Aspirin , Celecoxib , Diclofenac Hot or cold compresses, joint protection, exercise.

Summary

The arthritis Is an inflammation palm. joints, the affect can that spine the and hand and has complications, ways of treatment such as using some drugs. it symptoms, risk factors.



References :

- <https://www.bluecrossmn.com/wellbeing/preventive-care/how-prevent-arthritis-pain>
<https://www.mayoclinic.org/ar/diseases-conditions/arthritis/symptoms-causes/syc-20350772>
<https://www.medicalnewstoday.com/articles/323356#takeaway>