If your health care provider thinks you may have RA, he/she will
Without any
Unable to do
If you think you may have RA, you need to tell your health

Later, RA may affect many joints in the body, including the feet, ankles, knees, hips, elbows, and shoulders.
• Morning stiffness that lasts for at least a half hour, and may often
• Pain or aching in the hands and wrists
• Swelling or stiffness in the joints of the hands

Early signs of RA include:
• RA causes continuing damage for most patients, and must be
• RA is a chronic disease that damages the joints of the body.

Immune
• Genetics may play a part in the development of RA, but many
• In autoimmune diseases like RA, the body responds as if its
• The body's immune system is used by the body to fight off
• It is not known what causes RA, but it is an

people who get RA do not have any relatives with the disease
• RA causes the body attacks itself

This means that the body attacks normal tissues are invading target cells, and attacks them

Double the risk of
Stomach:
Heart disease:
Eyes:

If RA is not treated early:

Can RA be prevented?

When an immune response is triggered,

Autoimmune response?

Early diagnosis and aggressive treatment are the best ways to

Can RA be stopped?

DMARDs such as methotrexate, hydroxychloroquine,
• However, when treated with DMARDs (the blue line), the disease
• If you look at the graph above, you will see that when a DMARD
• A class of drugs referred to as
disease-modifying antirheumatic

There has been a large improvement in the drugs used to treat RA.

How can RA be stopped?

There is a variety of treatment options for RA.

Self-Report Questionnaire for Rheumatoid Arthritis

The questionnaire is used to make a quantitative assessment of the functional capacity of the patient to carry out the

At this moment, are you able to:

1. Walk up and down a set of stairs?
2. Get in and out of bed?
3. Lift a full cup or glass to your mouth?
4. Walk outdoors on flat ground?
5. Wash and dry your entire body?
6. Stand for 10 minutes?
7. Turn regular faucets (taps) on and off?
8. Dress/bathe independently?
9. Turn faucet handles?
10. Do you smoke?

At this moment, are you able to:

With some difficulty:

With much difficulty:

Q:
I have some pain in my hands. How can I tell if I have RA?

Q:
What happens next?

The rheumatologist will confirm the diagnosis of RA and

The rheumatologist will also refer you to a physical or occupational therapist, or a podiatrist.

The questionnaire is used to make a quantitative assessment of the functional capacity of the patient to carry out the

Please check the ONE best answer for your abilities