Rheumatoid Arthritis

Definition

Chronic autoimmune disorder characterizzed by inflammation

Pathophysiology

Immune systém attacks the synovium

- Inflammation of joints
- Destruction ȯf cartilage
- Pannus formation

Clinical Manifestations

- Joint pain, swélling, and stiffness
- Morning stiffness (≥1 hour)
- Joint deformities (e.g. swan-neck, boutonnieriére)
- Fatigue

Risk Factors

- Female sex
- Age 30–50
- Family history of RA

Complications

- Joint deformities
- Functional impairment
- Rheumatoid nodules
- Vasculitis

Patient Education

- Adhere to treatment plan
- Balance rest and activity
- Use splints or assistive devices
- Stay active with low-impact exer cise

Treatment

- NSAIDs
- Corticosteroids
- DMARDs (e.g. methotrexate)
- Biologic agents

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