Rheumatoid Arthritis A picture containing indoor

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Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is a chronic inflammation autoimmune disease. It involves multiple joints and is characterized by an inflammation on the tendons resulting in cartilage destruction and bone erosion (Yen-Ju). RA can be very painful and can make a person’s daily activities very difficult. An uncontrol inflammation cause by Rheumatoid Arthritis causes tissue damage and can cause disabilities and deformation. Female smokers and family history of RA are at a higher risk to be affected (Wasserman). Also, the gut microbiota might be a factor for RA. In a study done using genotype and microbiota data was found that the presence of Prevotella*spp* in the gut microbiota are associated with the rheumatoid arthritis genotype in the absence of rheumatoid arthritis, including in individuals at high risk of developing rheumatoid arthritis. The findings suggest that host genotype is associated with microbiota profile before disease onset (Wells).

RA can affect the skeletal, muscular, integumentary, ocular, immune, circulatory, nervous, and digestive systems. RA can include symptoms in the hand, feet, shoulders, elbows, hips, knees and ankles (Barhum). It can make the movement of the joints difficult, and the joints can become damage and deformed. Usually, a person with RA is at a higher risk of osteoporosis, carpal tunnel syndrome, can reduce muscle strength, rheumatoid myositis, rheumatoid nodules, skin rashes, ulcers, eye problems, increase of heart disease and anemia, vasculitis, and nerve compression in bone and joints (Barhum).

RA diagnose includes having one or more joints with swelling, pain, stiffness, and tenderness. Anti-citrullinated protein antibody, elevated C-reactive protein level or erythrocyte sedimentation rate can suggest a diagnosis of rheumatoid arthritis (Wasserman). The human body requires homeostasis to be able to function properly. Chronic inflammation disturbs the body’s internal stability. Inflammation in the body is regulated by a process including leucocyte migration from vasculature to tissues to eliminate the injury follow by promoting tissue repair. (Alivernini). In RA patience the synovial tissue inflammation is maintained by regular positive feedback in a variety of cells, like myeloid cells (Alivernini).



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