



Arthritis consists of more than 100 different conditions which range from relatively mild forms of tendinitis and bursitis to crippling systemic forms, such as rheumatoid arthritis. It includes pain syndromes such as fibromyalgia and arthritis-related disorders, such as systemic lupus erythematosus, that involve every part of the body. Other forms of the disease, such as gout, are almost never thought of as arthritis, while osteoarthritis is often thought to be the only form of this disease.

Joint pain is the most common denominator

The common denominator for all of these conditions is joint and musculoskeletal pain, which is why they are grouped together as “arthritis”. Often this pain is a result of inflammation of the joint lining. Inflammation is involved in many forms of arthritis and is the body's natural response to injury. The warning signs presented by inflammation are redness, swelling, heat and pain. When a joint becomes inflamed, it may get any or all of these symptoms. This can prevent the normal use of the joint and therefore it can cause the loss of function of that joint.

Arthritis can affect anyone

Arthritis can affect babies and children, as well as people in the prime of their lives.

Treating arthritis

Establishing an early diagnosis is critical to the outcome of the disease, since it only gets progressively worse and therapies work best when started as early as possible.

Donate

Please help the 4.6 million Canadians who are currently fighting arthritis – a leading cause of pain and disability in Canada, affecting men, women and children of all ages. Your generous support of The Arthritis Society will help fund:

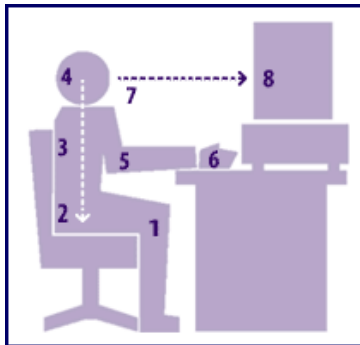
- the critical work of the best and brightest researchers who are investigating innovative ways to prevent and treat arthritis
- vital programs and services that empower people with arthritis to take control of their disease and improve their quality of life

When you make a donation to The Arthritis Society, you will receive a tax receipt for the total value of your contribution.

Ressources

Visit The Arthritis Society's website to find many publications: www.arthrite.ca. You can also obtain copies of these publications by calling 1.800.321.1433.

(Source: www.arthrite.ca)



October: Occupational Therapy Month

These simple adjustments can make your job easier- try them!

1. When sitting adjust the chair height so that your knees are level with your hips. If your feet are not resting flat on the floor, use a footrest.
2. Adjust the lumbar support of the chair to support the curve in your low back.
3. Use the backrest of the chair for support to prevent muscle discomfort and fatigue. Avoid working in the forward position, or sitting on the edge of the seat without back support.
4. Maintain the normal “S” shaped curve of the spine. Ensure that your ear is in line with your shoulder, chin in. Avoid a “poking chin” posture as this places stress on the neck and shoulders.
5. Your forearms should be alongside your body, elbows at 90 degrees when using the keyboard and mouse. Wrists are in a straight line and not bent. Support arms with armrests.
6. Position the mouse or pointing device as close to the keyboard as possible. The mouse should be at the same level as the keyboard.
7. Locate the monitor straight in front of you, not off to one side. The top of the monitor screen should be at eye level.
8. Use a copyholder to place documents at eye level and near the monitor.
9. Position the computer with the window to your side to control light levels and glare.

(Source : www.caot.ca)