

WHAT YOU NEED  
TO KNOW

## MANAGING ARTHRITIS IN OLDER PERSONS

**MediSystem™**

Pharmacy

A SHOPPERS DRUG MART COMPANY



## WHAT IS ARTHRITIS?

Arthritis is an inflammation of the joints and the tissues surrounding the joints in your body. There are many different kinds of arthritis, however the most common types are **osteoarthritis** and **rheumatoid arthritis**. The risk for developing arthritis, especially osteoarthritis, increases as we age.

**Osteoarthritis** is often called ‘wear and tear’ arthritis. It occurs when the cartilage or ‘cushion’ between joints breaks down, leading to pain, stiffness and swelling.

**Rheumatoid arthritis** is an autoimmune disease in which the body’s immune system mistakenly attacks the joints. It affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity.

## HOW IS ARTHRITIS TREATED?

The goals of treatment are to reduce pain and to improve your ability to function in your everyday life. Some common medications used to treat arthritis include medications for inflammation, like aspirin or ibuprofen; corticosteroids such as prednisone. For managing the pain that comes with arthritis, some people use prescription medications or over-the-counter pain relief products.

## LIVING WITH ARTHRITIS

Pain and symptom relief are the main concerns, however there are some simple devices that you can use to help you.

- **Reach extenders** – long rods that can help you grasp objects that are difficult to reach
- **One-touch or voice-activated devices**, such as lamps or other electronics
- **Grip-and-turn doorknobs** – rubber knob covers that make gripping and turning easier
- **Oversized buttons** on telephones and television remotes
- **Bathtub bars and a seat in your shower** – help to reduce the strain of getting in and out of the bath/shower

*For more information, speak to your doctor or MediSystem pharmacist.*

### REFERENCES:

[www.arthritis.org](http://www.arthritis.org) [www.arthritis.ca](http://www.arthritis.ca)