

## Rheumatoid Arthritis

Many people ask about the difference between the 2 most common forms of 'arthritis'- *osteoarthritis* (OA) and *rheumatoid arthritis* (RA). So here is a quick introduction to rheumatoid arthritis for you.

### Rheumatoid arthritis:

Is an autoimmune condition, which means it's caused by the immune system attacking healthy body tissue. The most common joints affected are hands, feet and wrists. RA sufferers often have flare ups which can lead to weight loss and tiredness. With rheumatoid arthritis, your immune system mistakenly sends antibodies to the lining of your joints, where they attack the tissue surrounding the joint. This causes the thin layer of cells (synovium) covering your joints to become sore and inflamed, releasing chemicals that damage nearby bones, cartilage, tendons, and ligaments.

### Possible risk factors:

There is evidence that rheumatoid arthritis may run in families, although genetics are thought to only play a small part in the condition. Other evidence indicate that smoking increases your risk, as well as being female.

### Treating rheumatoid arthritis:

There's no cure for rheumatoid arthritis. However, early diagnosis and appropriate treatment enables many people with the condition to have periods of months or even years between flares. Treatment can include medication, physical therapy and surgery. Rheumatoid arthritis is diagnosed through physical examination, blood tests, rheumatology referral, xrays, MRIs and sometimes specialised tests for rheumatoid factor and anti-CCP antibodies.

### Implications as Chiropractor/Osteomyologist:

Rheumatoid arthritis can respond favourably to manual therapy. A correct diagnosis is important first. With rheumatoid arthritis, techniques used are altered to be more suitable for you, and especially if in the flare up stage where treatment would be very gentle. Like OA, RA would do well with certain nutritional changes, exercise and posture improvements, focussing on an overall anti-inflammatory strategy.

## Latest news from the centre

### Wellbeing community

I'm sure by now you have already heard about our wellbeing community! In the last few months, we have reached nearly 200 subscribers! If you are one of those, thank you for looking after your health and wellbeing. If you haven't become part of the wellbeing community yet or would like some more information, please ask any of our helpful team or pick up one of our information brochures from the centre.



### Osteomyologist training course

On 28<sup>th</sup> April our three Osteomyologists headed to London and spent the day with the fabulous John Gibbons – The 'bodymaster'. They have returned with lots of new techniques which they can use to further help you, our wonderful clients.

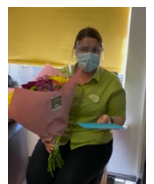
### Spinal Screening event



We held one of our in-house spinal screening events last month, it was a huge success, members of the community booked their free ticket online and came in to see our wonderful team for a posture check followed by a consultation with one of our practitioners – these events are a great way of finding out if Chiropractic or Osteomyology care is right for you – if you know someone who still isn't sure if treatment is right for them, tell them to follow us on Facebook or check out our website for more information about our next free event.

### An achievement for Megan

Congratulations to Megan on being the first of our Osteomyology team to complete her X-ray training. This now means Megan can independently take X-rays when needed!



VOUCHER



## FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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