

ARTHRITIS CHART

Introduction

This chart is meant to provide a general view into different types of conditions relating to joint pain. Should you require more information or more detail, please request information using the form available on the contact page of the Ardefen International Inc. website.

Osteoarthritis

The breakdown of joint cartilage

Pain, stiffness and swelling is commonly found in fingers, hips and knees. The most common type of osteoarthritis is found in women and men between the ages of 45 and 90.

Rheumatoid Arthritis

Inflammation of the membrane lining the joint

Pain, stiffness and swelling in multiple joints resulting in joints feeling 'hot' and appearing red. Most common in hands, wrists and feet and occurs most often in women between the ages of 30 to 40.

Gout

Build-up of uric acid crystals in the joint fluid

Sudden onset of burning pain, stiffness and swelling most commonly located in the big toe, ankle, knee, wrist and elbow. Found most commonly in men over 40, and may be aggravated by alcohol and organ meats.

Fibromyalgia

Cause yet to be determined

Debilitating pain on the shoulders, upper back, chest and legs. Often accompanied by a fever, depression, lethargy, decreased mobility and muscle knotting. Affects women between 35-50 years old.