

Arthritis

Arthritis occurs when the joints in your body are inflamed or there is a breakdown of cartilage in your joints. Cartilage is the cushion in the joints that protects them from pressure and makes movements smooth. When cartilage breaks down in some joints, your bones rub together causing pain, swelling, and stiffness.

Most arthritis is osteoarthritis. This comes from joints wearing out over time from use. This occurs most often in the knees, hips and hands. The joints begin to ache and thicken. At times the tissues around the joint become strained and cause more pain.

There are other types of arthritis that occur mainly at a younger age. These often need special tests and treatments.

Risk Factors

- Growing older
- Injury to a joint
- Overuse of a joint

Signs

- Joint pain
- Joint is not stable or it feels like it will not support you
- Joints enlarge or swell
- Stiffness, often in the morning
- Limited use of joints
- Warmth around joints
- Redness of the skin around joints

Tests

Your doctor will talk to you about your health and look at your joints. Your doctor may order blood tests, x-rays or remove a small sample of fluid around the painful joint.

关节炎

当您身体的关节发炎或您关节的软骨断裂时，关节炎就发生了。软骨是关节的软垫，它保护关节免受压力并使运动平稳。当软骨在一些关节中断开时，您的骨头在一起摩擦，引起疼痛、肿胀和僵硬。

大多数关节炎是骨关节炎。这是由于长期使用而关节磨损的缘故。这最常发生于膝部、髋部和手上。关节开始疼痛并变大。有时关节周边的组织变得很紧张，引起更多的疼痛。

另有其他类型的关节炎，这类关节炎主要发生在更小的年龄段。此类关节炎经常需要特别的检查和治疗。

风险因素

- 年岁变老
- 关节受伤
- 关节使用过度

症状

- 关节疼痛
- 关节不稳或感觉关节不能支撑您
- 关节增大或肿胀
- 僵硬，早晨最常见
- 使用关节受限制
- 关节周围发热
- 关节周围皮肤发红

检查

您的医生将告知您您的健康状况并查看您的关节。医生可能要求您做血检、x光并在疼痛关节周围取一点液体。

Arthritis. Simplified Chinese.

Treatment

Treatment of arthritis depends on:

- The cause
- Which joints are painful
- Amount of pain
- How the arthritis affects your daily activities
- Your age
- Your work or activity

As a part of your treatment, you may need to:

- Exercise to improve movement and joint strength.
- Use hot or cold treatments to control pain and swelling.
- Avoid positions or movements that put extra stress on your painful joints.
- Avoid staying in a position too long.
- Add grab bars in the shower, the bathtub and near the toilet.

If these changes do not help, your doctor may suggest medicine to control pain and swelling. Sometimes surgery is needed.

Call your doctor **right away** if:

- You have severe unexplained joint pain.
- The joint is very swollen.
- You suddenly have a hard time moving the joint.
- Your skin around the joint is red or hot to the touch.

Talk to your doctor or nurse if you have any questions or concerns.

治疗

关节炎的治疗取决于：

- 原因
- 哪个关节疼痛
- 疼痛程度
- 关节炎如何影响您的日常活动
- 您的年龄
- 您的工作或活动

作为治疗的一部份，您可能需要：

- 做运动以改进动作和关节力量。
- 用热疗或冷疗控制疼痛和肿胀。
- 避免引起疼痛关节额外压力的姿势或动作。
- 避免保持一个姿势太长时间。
- 在淋浴池、浴缸和抽水马桶旁加设扶握把手。

如果这些改变没有用，您的医生可能建议用药物控制疼痛和肿胀。有时需要做手术。

如有以下情形，请**立刻**打电话给您的医生：

- 不明原因的关节剧痛。
- 关节严重肿胀。
- 突然移动关节有困难。
- 关节周围皮肤发红或触碰时发热。

如有任何疑问或关注事宜，请告知您的医生或护士。

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