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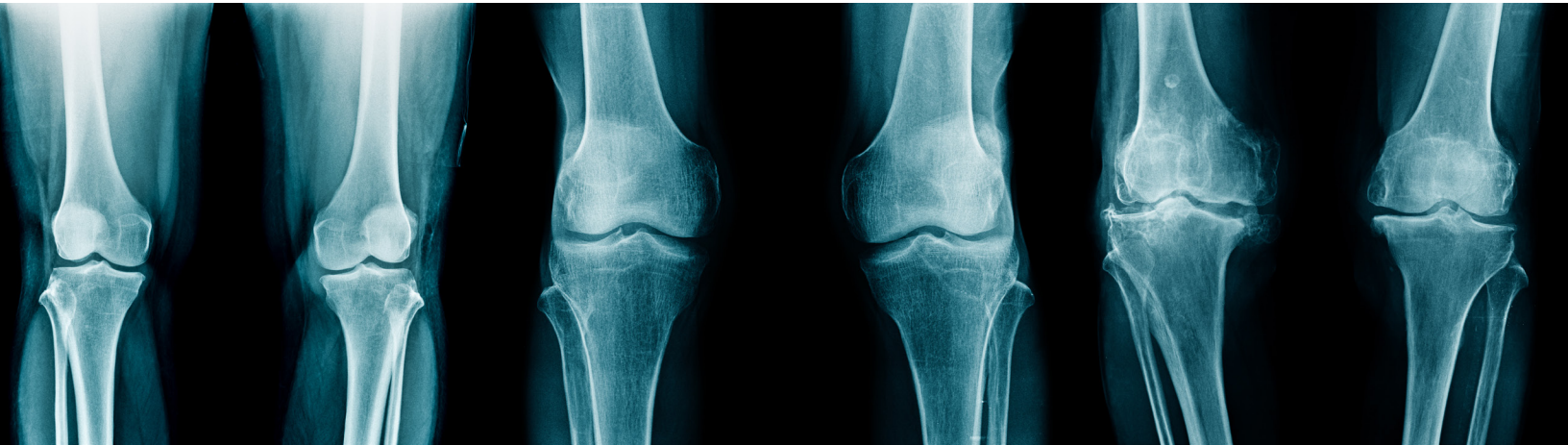


Health Plan

# The whole health series

//Information for everyday health issues

Find more resources at [BeColorado.org](https://BeColorado.org).



## Arthritis: Signs, symptoms and relief

Your joints are on fire. Movement is agonizing. The stiffness and swelling make menial tasks difficult sometimes. You're feeling the effects of arthritis and it's time for a change. You're not alone.

More than 50 million adults and 300,000 children have symptoms of arthritis, according to the Arthritis Foundation.

The tricky thing about arthritis is that it's not one specific disease. What's commonly known as arthritis is really just the signs and symptoms of joint pain that can be caused for a variety of reasons.

In fact, there are more than 100 different types of arthritis, but don't worry about that for now.

If you need help for your joint pain, or arthritis, check out the following information as a starting point. Then talk to your doctor about your specific experience using what you've learned.

### //Recognizing a problem

If we're willing to listen to our bodies, they may have a lot to say. Symptoms of arthritis can be a sign that it's time for a talk with the doc. Consider these signs you should listen to:

- Joint pain
- Stiffness
- Muscle weakness
- Swelling
- Deformed joints
- Reduced range of motion
- Cracking and creaking
- Joint injury



## //Types of arthritis

Given that the various forms of arthritis have many causes and symptoms, it can be helpful to know a few of the prevalent diagnoses before you start your research. Some common forms of arthritis include:

- Infectious
- Metabolic
- Inflammatory
- Osteoarthritis
- Rheumatoid arthritis
- Ankylosing spondylitis (AS)
- Gout
- Reiter's syndrome (reactive arthritis)
- Juvenile

## //Where to find help

The best way to find help is to start with your primary care provider. Here are some tips on how to talk to your doctor:

### Questions your doc might ask:

- Is the pain burning, aching or sharp?
- Are your joints stiff in the morning? If yes, how long does the stiffness last?
- Do you have any joint swelling?

### Treatment options:

- Diet/nutrition and exercise
- Ice and heat
- Physical therapy
- Medications
- Surgery

CU Health Plan members have access to a variety of covered services. Use these benefits to stay well.

## //Here's how your CU Health Plan helps

- Diagnostic services, including X Rays and blood work
- Joint replacements
- Physical and occupational therapy
- Gym discounts

*Visit [Becolorado.org](http://Becolorado.org) for specific information about your plan.*