



Movement is the Best Medicine

Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. Exercise can help you improve your health and fitness without hurting your joints.

To find community programs in your area visit the Arthritis Foundation at www.arthritis.org/resources/community-programs/ or HSS at www.hss.edu/pped.

For more information, visit www.hss.edu. To make an appointment, call our Physician Referral Service at 800.796.0486.

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OA vs. RA: What's the Difference?

Did you know there are more than 100 different types of arthritis? Arthritis is a condition affecting more than 50 million U.S. adults.* There are two major types: osteoarthritis (OA) and rheumatoid arthritis (RA). OA is the most common type of arthritis and RA is the most common type of inflammatory arthritis.

WHAT ARE THE DIFFERENCES BETWEEN OA AND RA?

	Osteoarthritis	Rheumatoid Arthritis
Description	OA is a deterioration of cartilage often due to "wear and tear". It affects more than 27 million people in the U.S.*	RA is the inflammation of the joint's connective tissues which leads to the destruction of the articular cartilage.
Onset	Symptoms begin gradually and usually start in one set of joints.	Symptoms appear rapidly over weeks or months.
Symptoms	<ul style="list-style-type: none"> ■ Morning stiffness, which usually lasts no more than 30 minutes. ■ Joint soreness after overuse or inactivity ■ Joint pain that is less in the morning and worse in the evening after a day's activity. 	<ul style="list-style-type: none"> ■ Morning stiffness that lasts for more than one hour ■ Pain and swelling in several joints such as the hand, knees or feet. ■ Joint swelling that interferes with activities of daily living ■ Fatigue ■ Loss of appetite
Occurrences	OA commonly occurs in the weight-bearing joints of the hips, knees and the lower back. It can also affect the neck and smaller joints.	RA is symmetrical, if a joint on one side of the body is affected; the corresponding joint on the other side of the body is also involved.
Prevalence	Can affect both men and women usually over age 40.	Shown to affect more women than men primarily between the ages of 20 and 60.
Treatment	<p>Speak to your physician before starting a treatment plan.</p> <ul style="list-style-type: none"> ■ Exercise ■ Weight control ■ Physical and occupational therapy ■ Self-management/lifestyle changes ■ Medications ■ When the therapies above don't work, surgery is an option 	<p>Your physician may recommend using medications. Some affect the immune system or have other side effects, making careful monitoring very important. Some of the medications available are:</p> <ul style="list-style-type: none"> ■ Those that help relieve symptoms and reduce inflammation ■ Those that can modify the disease or put it in remission

*Centers for Disease Control and Prevention

While there is still no known cure for arthritis, there are treatment options available to help alleviate symptoms and/or slow the progression of the disease. Speak with your doctor if you are experiencing any arthritis related symptoms. ■

Watch and Learn Through Our HSS Webinars at www.hss.edu/pped-webinars. Topics include OA: surgical and non-surgical options, managing pain, nutrition, research, self-management and exercise. Check out our HealthConnection newsletters at www.hss.edu/healthconnection.

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