

# Managing **Rheumatoid Arthritis**

Despite the common misconception that arthritic symptoms solely present in the elderly, rheumatoid arthritis affects young and old alike.

Rheumatoid arthritis (or RA) is a lifelong condition. It often presents early as mild joint swelling, but can quickly escalate to pain throughout the body, greatly inhibiting the ability to go about everyday tasks. Quality of life in an untreated individual with rheumatoid arthritis can be devastating. Over time, rheumatoid arthritis can cause compounding structural damage – so early and effective treatment is integral in achieving both short and long term wellness.

Those seeking early detection & assistance with their symptoms can utilize the Canadian Early Arthritis Cohort Study (CATCH) to locate participating physicians across Canada and improve their quality of care. [www.EarlyArthritis.com](http://www.EarlyArthritis.com)

## Treatment options include:

- Anti-inflammatories
- Disease modifying therapies
- Steroids     Biologic agents



**Carter Thorne,**  
**MD, FRCP, FACP**  
Rheumatologist, Newmarket, Ontario



According to Dr. Thorne, 2015 recipient of the Canadian Rheumatology Association's Distinguished Rheumatologist Award, "We have so many experiences now of individuals who have gone from a significant level of dysfunction... to an ability to return to a normal life with medications."

If you or someone you know is sacrificing enjoyment in their lives due to the symptoms of rheumatoid arthritis, visit the links below to explore additional options that may help in restoring mobility and rejuvenating their quality of life.

[www.HealthandFamily.ca/RA](http://www.HealthandFamily.ca/RA) | [www.Arthritis.ca/Education](http://www.Arthritis.ca/Education) | [www.ArthritisPatient.ca](http://www.ArthritisPatient.ca) | [www.EarlyArthritis.ca](http://www.EarlyArthritis.ca)