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Arthritis is a chronic disease. It is the inflammation of the joints.

a chronic disease that develops slowly and causes the bones to become weak and porous

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more common in adults over the age of 65. It affects more women than men.

can develop as people reach middle-age and it affects more women than men.

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~Pain and swelling /Lack of motion/ Stiffness / Grating: a feeling of bones rubbing together

Bones that break easily/ Backpain/ Stooped posture/ Loss of height

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Medication / Physiotherapy / Surgery

Calcium / Vitamin D / Physical activity

Treatment

Who does it affect?

Signs and symptoms

What is it?

Osteoporosis

Arthritis