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

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.

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

Bones that break easily/ Back pain/ Stooped posture/ Loss of height

Medication / Physiotherapy / Surgery

Calcium / Vitamin D / Physical activity

Treatment

Who does it affect?

Signs and symptoms

What is it?

Osteoporosis

Arthritis

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