



JUVENILE ARTHRITIS

JUVENILE ARTHRITIS (JA), also known as pediatric rheumatic disease, isn't a specific disease. JA is an umbrella term to describe the inflammatory and rheumatic diseases that develop in children under the age of 16.¹

The exact causes of juvenile arthritis are not known, but researchers believe that JA may be activated by a virus, bacteria, or other external factors when mixed with certain genes. There is no evidence that foods, toxins, allergies, or lack of vitamins cause the disease.¹



MOST COMMON TYPES¹

- Juvenile idiopathic arthritis
- Juvenile myositis
- Juvenile lupus
- Juvenile scleroderma
- Vasculitis
- Fibromyalgia

SYMPTOMS¹

Stiff, swollen joints



Light sensitivity and redness



Affected internal organs

Skin rashes



COSTS²

Costs can vary from inexpensive anti-inflammatory agents (e.g. NSAIDs) and/or Disease-modifying antirheumatic drugs (DMARDs) including methotrexate to more expensive biologic agents such as Humira, Enbrel, Actemra, or Ocrencia.



TREATMENT¹

There is no cure for JA, but with early diagnosis and aggressive treatment, remission is possible.

Having a well-rounded plan of action that includes medication and self care, can slow disease progression, relieve symptoms, prevent joint and organ damage, and reduce long-term health effects.

MEDICATIONS¹

There are several kinds of medications used to treat JA. Some control disease activity and others relieve symptoms.



Drugs that relieve JA symptoms are nonsteroidal anti-inflammatory drugs (NSAIDs).



Drugs that control disease activity include corticosteroids and disease-modifying antirheumatic drugs (DMARDs).

SELF-CARE¹

Healthy Eating



Topical Creams



Mind-Body Therapies

Hot and Cold Treatments



Supplements

Massage and Acupuncture



Managing Stress and Emotions

Socializing



July is Juvenile Arthritis Awareness Month

1. "Juvenile Arthritis." Arthritis Foundation, <https://www.arthritis.org/diseases/juvenile-arthritis>.

2. ProAct Clinical Team