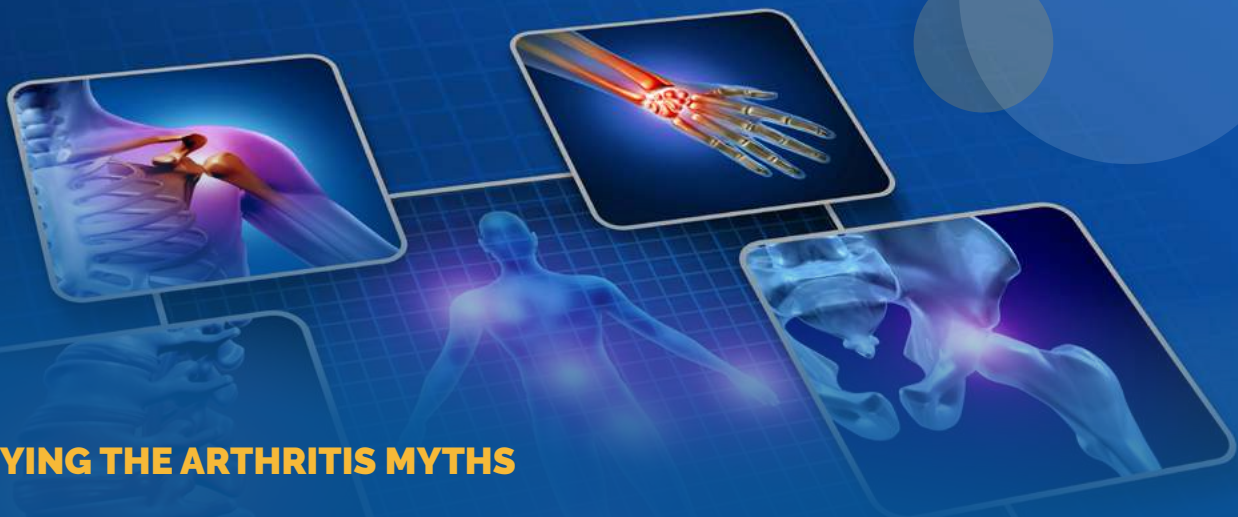




M.P. SHAH HOSPITAL
— A Legacy of Care —

DEMYSTIFYING ARTHRITIS

FACTS AND MYTHS



DEMYSTIFYING THE ARTHRITIS MYTHS

Arthritis is more than just “joint pain.” **There are over 100 forms of Arthritis** that cause pain, swelling and stiffness in the joints. It affects millions of Kenyans, yet many people misunderstand it.

Common Myths about Arthritis

“Only older people get arthritis.”

Truth: Arthritis can affect anyone, even children.

Contrary to popular belief, arthritis isn't just “a disease of the elderly.” It affects people of all ages, with 1 in 4 adults experiencing symptoms in their lifetime.

“Joint pain is normal as you age.”

Truth: Persistent joint pain is not normal and should be evaluated.

“Arthritis is just minor aches.”

Truth: Without treatment, arthritis can lead to joint damage and disability.

A person is shown from the waist down, sitting on a paved surface. They are holding their right knee with both hands, and a bright red glow emanates from the joint, indicating pain or inflammation. They are wearing a light blue athletic shirt and dark blue sneakers with white soles. A large, semi-transparent orange circle is overlaid on the left side of the image, containing white text. A small yellow circle is positioned below the orange circle.

**“350m
affected
by arthritis
globally”**

Could You Have Arthritis?

Key Fact: Arthritis affects 350 million people worldwide, including an estimated 10 million in Kenya.

The good news?

Early diagnosis and treatment can help manage symptoms and prevent complications.





“
**Arthritis
Sneaks up on You.
Pay Attention!**”

Do You Recognise These Signs?

Arthritis often sneaks up slowly. Pay attention if you or someone you know has:

- » **Persistent Joint Pain:** Lasting more than two weeks.
 - » **Morning Stiffness:** Difficulty moving joints after waking up.
 - » **Swollen or Warm Joints:** Visible puffiness or warmth in affected areas.
 - » **Fatigue:** Feeling unusually tired, even with adequate rest.
 - » **Decreased Mobility:** Trouble bending, straightening, or rotating joints.
-



Meet the Types of Arthritis

There are over **100** types of arthritis. A Rheumatologist can help identify which one you might have. Meet some of the most known types of Arthritis:

» **Osteoarthritis:**

The most common type, often linked to ageing or overuse of joints.

» **Rheumatoid Arthritis:**

An autoimmune condition affecting over 1% of the global population.

» **Gout:**

Known for sudden, intense pain often in the big toe due to uric acid buildup.

» **Juvenile Arthritis:**

Affecting children, it can cause long-term joint damage if untreated.





Break the **silence**.
Break the **myths**.
Break **free from arthritis**.

Arthritis is easier to manage
when caught early.
**Don't wait for the pain to
get worse.**

Call: 0111 000 600
Visit: www.mpshahhosp.org

**Let's Talk
About Your Health**