



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

ARTHRITIS:

Early Diagnosis and Expert Care




Why Early Diagnosis Matters

Studies show that starting treatment within 6 months of symptom onset can slow disease progression and significantly improve quality of life. Ignoring symptoms can lead to:

- » Permanent joint damage
- » Loss of mobility
- » Difficulty performing daily tasks

Why Should You See a Rheumatologist?

A Rheumatologist is a doctor who specialises in diagnosing and treating various types of arthritis and other conditions that affect your joints, muscles, and immune system. Most people don't know what a Rheumatologist does or that they even exist until it's too late.





What can a Rheumatologist Do for You:

- » **Accurate Diagnosis:** Identify the exact type of arthritis you have.
- » **Customised Treatment:** Tailored medication, physical therapy, and advice for managing your condition.
- » **Joint Protection:** Learn how to prevent further joint damage.

Fact: Early treatment by a Rheumatologist can reduce joint damage by up to 90%.

A Message from Amelia

"If I had known arthritis could affect someone my age, I would've seen a Rheumatologist sooner. Learning about my condition changed my life and it can change yours too."

Let us help you reclaim your life because every step you take matters.

Find out if you or someone you know needs to see a joint expert.

Take this simple quiz and score yourself to find out!

Instructions

Answer each question below and score:

2 points for **"Yes"**

0 points for **"No"**

Add up your points to determine your result at the end.

Self-Assessment Quiz

1. Do you experience joint pain that lasts longer than two weeks?

Yes (2 points) / No (0 points)

2. Do you notice difficulty in moving your joints?

Yes (2 points) / No (0 points)

3. Do your joints swell, feel warm, or look red?

Yes (2 points) / No (0 points)

4. Do you feel fatigue, weakness, or low energy along with joint pain?

Yes (2 points) / No (0 points)

5. Have you noticed a reduced range of motion or difficulty moving your joints?

Yes (2 points) / No (0 points)

6. Do you have pain that interrupts your sleep or daily activities?

Yes (2 points) / No (0 points)

7. Have you experienced sudden, severe pain in a single joint (e.g., your big toe)?

Yes (2 points) / No (0 points)

8. Do you have a family history of arthritis or autoimmune diseases?

Yes (2 points) / No (0 points)

To assess your risk, total your points and assess your score using the score on the subsequent page.

Scoring and Results

0–4 points: Low Risk

Our symptoms may not indicate a serious condition, but monitor them. If symptoms persist or worsen, consult a general doctor.

6–10 points: Moderate Risk

Your symptoms suggest a potential issue with your joints or immune system. It's advisable to consult a Rheumatologist for further evaluation.

12–16 points: High Risk

Your symptoms strongly suggest arthritis or a related condition. Seek a Rheumatology consultation as soon as possible for diagnosis and treatment.





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**