Synchronous Reflection

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**Osteoarthritis, and Rheumatoid Arthritis**

 Osteoarthritis (OA) and Rheumatoid Arthritis (RA) are recognized as two well-known diseases that cause the issues of joint pain and stiffness in the human body. Inflammation in the joints is the specific condition that prevails in case of both these health concerns. Detailed consideration of both these diseases of joints reveals that there is the prevalence of many differences and similarities. It is important to critically examine various aspects associated with OA and RA to identify the better approaches of treatment.

**Osteoarthritis (OA)**

It is established as the most common form of the issue of arthritis that greatly affects the body functioning of millions of people. This specific health condition appeared when the element of protective cartilage start damaging over time (Michael, Schlüter-Brust, & Eysel, 2010). This specific issue of joints mostly affects the features of hands, knees, spine, and hips.

Signs and Symptoms

* Pain
* Issues in the form of flexibility
* Stiffness
* Tenderness
* A greater form of sensation
* Puffiness
* Bone outgrowths

Etiology

* Weight
* Injury
* Genes
* Overuse of joints

Risk Factors

* Sex
* Older age
* Injuries of joints
* Overweightness
* Issues in genetics
* Bone distortions
* Due to metabolic health concerns

**Rheumatoid Arthritis (RA)**

 The health issue of RA recognized as the one common disorder of joint that prevails in the form of a long-term autoimmune problem. Warm, swollen, and painful joints are the significant aspects associated with this particular health issue (Nielen et al., 2004). The problem of RA mostly prevails in case of hands and wrist. The problem of RA starts damaging human’s body when the immune system mistakenly starts damaging the body’s tissues.

Signs and Symptoms

* Tender and swollen joints
* Stiffness of joints
* Fever
* Tiredness
* Loss of appetite

Etiology

* It appeared when the immune system attacks the synovium.
* Inflammation
* Damage cartilage and bones related to the joint.

Risk Factors

* Sex
* Genetics
* Age
* Obesity
* Smoking
* Inappropriate contact with the environment.

References

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