

## **RHEUMATOID ARTHRITIS**

Clinical Diagnosis	<ul style="list-style-type: none"><li>- Signs of inflammation, with the affected joints being swollen, warm, painful and stiff.</li><li>- Morning stiffness</li><li>- Guidelines given by ACR &amp; EULAR</li></ul>
Investigation	<ul style="list-style-type: none"><li>- X Ray</li><li>- Complete Blood Picture</li><li>- ESR</li><li>- CRP</li><li>- Liver function test</li><li>- Renal function test</li><li>- Rheumatoid Factor (RA)</li><li>- Anti-citrullinated protein antibodies (ACPAs) or anti-CCP</li><li>- Anti-MCV assay (antibodies against mutated citrullinated Vimentin).</li><li>- Point-of-care test (POCT)</li></ul>
Treatment	<ul style="list-style-type: none"><li>- Surgery- Arthroscopy Synovectomy in early stage, Joint Replacement in late stages</li><li>- Supplementation and bracing</li><li>- Disease modifying anti-rheumatic drugs (DMARDs)</li><li>- Anti-inflammatory agents and analgesics</li><li>- Bed rest during acute flare ups</li><li>- Physiotherapy</li><li>- Injectable medications</li><li>- Intra articular Steroid injection</li><li>- Tumor necrosis factor alpha (TNF<math>\alpha</math>) blockers</li></ul>

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|  | <ul style="list-style-type: none"><li>- Interleukin 1 (IL-1) blockers – anakinra (Kineret)</li><li>- monoclonal antibodies against B cells</li><li>- T cell costimulation blocker</li><li>- Interleukin 6 (IL-6) blockers</li></ul> |
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