

*le sapo la Osteoarthritis
Setho se toaelehileng lesapo le qetella letšela hammohor*

1 RAMATIKI E SENYEHANG

Ho senya lekhoba le mahlaseli a potolohileng selekane

Mehlala: Osteoarthritis



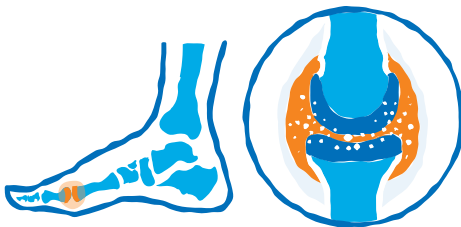
*Rheumatoid Arthritis (RA)
Ho na le lesela la synovial le nang le ho ruruha*

2 INFLAMMATORY ARTHRITIS

Ho kenyelletsa manonyeletso le lisele tse ling

Mehlala: Rheumatoid Arthritis (RA), Psoriatic Arthritis, Ankylosing Spondylitis, Juvenile Idiopathic Arthritis and Lupus

4 KA LITŠOANELEHO TSA ARTHRITIS SEHLOOHONG



*Gout
Likristale tsa uric ho pota-potiloe*

3 RAMATIKI E BAKOANGKE LIJO TSEO U LI JANG

Ha li-crystals tsa uric li theha kahare le ho potoloha manonyeletso. E ka hlaha hoo e batlang e le lenonyeletso

Mehlala: Gout



*Lupus
Makgopo a ka reng ke serurubele*

4 AUTOIMMUNE ARTHRITIS

Ha sesole sa 'mele se itšireletsa

Mehlala: Rheumatoid Arthritis (RA) and Lupus

Re u fa lisebelisoa, lisebelisoa le tšebetso eo ue hloakang ho laola bophelo ba haumme o phele bophelo bo botle le ramatiki.

LITŠEBELETSO TSA RONA

1. Thuto

Re tsamaisa mananeo a mangata a thuto le litsebi le baetapele motseng oa ramatiki.

2. Tšebetso

Tšebetso ea rona le mananeo a tsoelo-pele a shebile ho ntlafatsa bophelo ba letsatsi le letsatsi le bophelo bo botle ba nako e telele.

3. Tl'hahisoleseding

Re mohloli o ka sehloohong oa tl'hahisoleseding mabapi le phekolo, tsamaiso le tlhokomelo ea mefuta e sa tsoaneng ea ramatiki le rheumatism.

4. Bobuelli

Re ele hloko sechaba ka ramatiki, 'me re buella mekhoha le mekhoha ea tlhokomelo ea bophelo e behang mokuli pele.

5. Li-link ho litsebi tsa bongaka

Re u tataisa ka mokhoa o motle oa ho fumana litsebi tse nepahetseng tsa bongaka sebakeng sa heno.



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RE BO MANG

Motheo oa Arthritis oa Afrika Boroa ke 'mele feela naheng e inehetseng bakeng sa ho tšehetsa ba nang le ramatiki, malapa a bona le bahlokomeli.

Re sebetsa ho u fa matla a ho hlokomela bophelo bo botle ka thuto, tšebetso le pihlelo ea tl'hahisoleseling.

Re sebetsa ho u fa matla a ho hlokomela bophelo bo botle ka thuto, tšebetso le pihlelo ea tl'hahisoleseling.

Ho ba setho feela

R150 KA SELEMO

Ua e amohela:

- Karete ea boleng
- Fumana boitsebiso ba morao-rao tabeng ea ramatiki le rheumatism
- Kenyetsetso ea mahala mahala ho makasine ea rona e rutang, niche, Arthritis Insight
- Tšehetsong ea ho letsetsa ho tsoa kahare ea rona ea thuso
- Memo e ikhethang ho liketsahalo tse nang le litsebi tse etellang pele tsa rheumatology
- Re tla bua molemong oa hau bakeng sa litlhoko tsohle tsa hau mabapi le litšebeletso tsa bongaka

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