

Normal joint

Osteoarthritis joint  
Amathambo ayakuhlana

## 1 ISIFO SAMATHAMBO ESINGOKUGUGA

Kulimaza i-cartilage kunye nezihlunu ezijikeleze ilungu

*Umzekelo: Osteoarthritis*



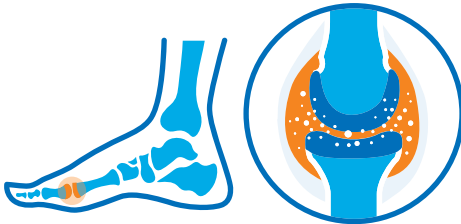
Rheumatoid Arthritis (RA)  
ukutshisa nokudumba kwe synovial membrani

## 2 INFLAMMATORY ARTHRITIS

ukutshisa kwelungu nezinye izihlunu

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

# 4 EZONA IIMPAWU ZE ARTHRITIS



Gout  
zi uric crystal eziqulungene elungwini

## 3 I ARTHRITIS ENGEZINTO OZITYAYO ARTHRITIS

Kuxa I-uric acid iqulungene elungwini. Lento iyenzeka nakweliphi na ilungu

*Umzekelo: Gout*



Lupus  
ukugubhuka okubonakala nje ngomfanekiso we bhabhathane

## 4 AUTOIMMUNE ARTHRITIS

Xa amajoni emzimba ehlasela amalungu omzimba ngokwawo

*Umzekelo: Rheumatoid Arthritis (RA) and Lupus*

# Sikunika izixhobo, kunye nenkxaso oyifunayo ukuze uphathe impilo yakho kwaye uphile ubomi bakho obuhle ne-arthritis.

## IINKONZO ZETHU

### 1. Iimfundiso

Sisebenzela uluhlu lweenkqubo zezemfundo kunye neengcali kunye neenkokheli zengingqi ngesifo samathambo.

### 2. Inkxaso

Inkxaso kunye nophuhliso lwethu lujolise ekuphuculeni ubomi bemihla ngemihla kunye nempilo yexesha elide.

### 3. Ulwazi

Singumthombo okhokelayo wolwazi malunga nonyango, ukuphathwa kunye nokunyamekela iintlobo ezahlukeneyo zesifo samathambo kunye neramatiki.

### 4. Ubumeli

Siyakhuthaza ulwazi lomphakathi malunga nesifo samathambo kwaye sinokuxhasa imigaqo-nkqubo kunye neendlela zokunakekelwa kwempilo ezibeka isigulane kuqala.

### 5. ukuqhakamshelana neengcali zolwazi

Siyanikhokela ngendlela engcono yokufikelela kwiingcali ezifanelekileyo zonyango kwindawo yakho.



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## SINGOBANI

u Arthritis Foundation yomzantsi africa ngumzimba ekunguwo kuphela kwilizwe onikezele ngexhaso kwabo bane sifo samathambo, iintsapho zabo kunye nabanakekeli.

Sisebenza ukukunika amandla okuthatha impilo yakho ngeemfundiso, inkxaso kunye nokufikelela kwiinkcukacha.

Siyakhuthaza imigaqo-nkqubo ejoliswe ngabantu ku-rhu lumente kunye nonyango kunye nokubonelela ngophuhliso phakathi kwabagulayo kunye noluntu kwezonyango.

Ubulungu nge

# R150 NGONYAKA

Ufumana:

- ikhadi lobulungu
- Ukufikelela kwiinkcukacha zamva nje kwi-arthritis ne-rheumatism
- Ukubhaliselwa kwamahala kumagazini wethu onolwazi oluphangaleleyo, i-Arthritis Insight
- inkxaso nokuphendulwa kwemibuzo kumnxeba wethu wokunceda
- Izimemo kwiziganeko ezineengcali zesifo samathambo
- Siza kuthetha egameni lakho zonke iinkxalabo zakho malunga neenkonziso zonyango

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