

Normal joint

Osteoarthritis joint  
Bone ends rub together

## 1 DEGENERATIVE ARTHRITIS

Damages the cartilage and tissues surrounding the joint

*Examples: Osteoarthritis*



Rheumatoid Arthritis (RA)

Inflamed and swollen synovial membrane

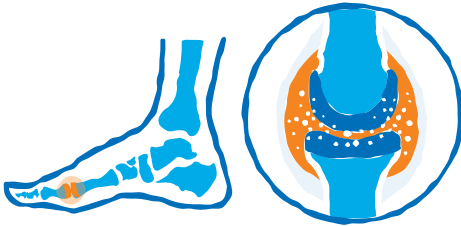
## 2 INFLAMMATORY ARTHRITIS

Inflammation of the joints and other tissues

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

# 4 MAIN

# CHARACTERISTICS OF ARTHRITIS



Gout

Uric crystals around joint

## 3 METABOLIC ARTHRITIS

When uric acid crystals form in and around the joints. It can occur in almost any joint

*Examples: Gout*



Lupus

Butterfly rash

## 4 AUTOIMMUNE ARTHRITIS

When a person's immune system attacks itself

*Examples: Rheumatoid Arthritis (RA) and Lupus*

**We give you the tools, resources and support you need to manage your health and live your best life with arthritis.**

## OUR SERVICES

### 1. Education

We run a range of educational programmes with experts and leaders in the arthritis community.

### 2. Support

Our support and development programmes focus on improving daily life and long-term health.

### 3. Information

We are a leading source of information about treatment, management and care for the different types of arthritis and rheumatism.

### 4. Advocacy

We promote public awareness about arthritis, and advocate for policies and healthcare practices that put the patient first.

### 5. Links to medical specialists

We guide you on how best to access the right medical specialists in your area.



Registered Non-profit Organisation No. 002-847 NPO

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## WHO WE ARE

**The Arthritis Foundation of South Africa is the only body in the country dedicated to supporting those with arthritis, their families and carers.**

We work to empower you to take charge of your health through education, support and access to information.

We advocate for people-centred policies in government and healthcare and provide a lifeline between patients and the medical community.

Membership for only

**R150 PER YEAR**

You receive:

- A membership card
- Access to the latest information on arthritis and rheumatism
- Free subscription to our informative, niche magazine, Arthritis Insight
- On call support from our national helpline
- Exclusive invitations to events with leading rheumatology specialists
- We will speak on your behalf for all your concerns regarding medical services

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