Don't Miss These 5 RA Symptoms Before Permanent Damage Happens Transcript

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Introduction to Early RA Symptoms

Most people, when they think of rheumatoid arthritis, they just think this as a disease of old people. But the early signs of RA often start in your 20s or 30s.

And they don't always start with just joint pain. Today, I am breaking down the 5 early symptoms of rheumatoid arthritis. You may probably haven't heard of those.

And these are the hidden signs that could save your joints from permanent joint damage if you catch early and now. Hi all of you Rheumatoid Arthritis ward here.

This is Dr. Anant Subhedi, your rheumatologist coach at TheRoomDoc, as well as a practicing rheumeatologists head at Empowered Artheritis and Rhematology Center.

Today, I'm trying to make the symptoms of rheuma arthritis simple. So I'll be telling you five most important symptoms of rheumatoid arthritis. Before I go further, don't forget to like and subscribe to our channel so that you can get update on the new videos that we are creating.

Also, please comment on a comment below on what type of Rheumatologist content you want to hear from us. also accept our gifts. We have created two gifts for you.

One is a free recipe of a smoothie, anti-inflammatory smoothie that you can prepare every morning to fight against the inflammation of rheumatoid arthritis.

What Rheumatoid Arthritis Is and Why Early Detection Matters

As well as a FREE copy of our book, the Holistic Rheumator Arthritis Guidebook that is written to help you understand more about rheuma arthritis As many of you are aware, rheumatoid arthritis is an autoimmune condition where your body attacks your own joints and it is caused by inflammation in the joint lining, we call that synovium, and is not due to wear and tear of the joints.

So, early detection is the most critical factor in preventing long-term joint damage due to rheumatoid arthritis. Sometimes, the symptoms are so subtle that you may not appreciate the symptom of early rheuma arthritis, But the time is critical in rheumatoid arthritis.

If we can recognize the symptoms and signs of rheuma arthritis early, your long-term outcome becomes better. There's less risk of joint damage. That's why it's very critical for you to understand the early symptom and science of Rheumataid Arthritis.

Now, the number one symptom of rheumatoid arthritis is persistent joint pain and swelling. And often the symptoms of Rheumator Arthritis start in your small joints, particularly your knuckles, your fingers and the wrist joints.

It can also affect your toe joints too, where you could get foot pain. When you feel your joints you can feel the tenderness in those areas. Normally when you fill your joint, it feels very bony.

But if you feel soft swelling around your joints, which we call boggy feeling in those knuckles, that could mean inflammation in your joint which is an early sign of rheumatoid arthritis.

And the pain of RA is persistent.

Persistent Joint Pain and Swelling

It does not go away with rest. And interesting enough, it can even could get worse with rest. And the reason you have those symptoms of swelling and pain is due to inflammation in those joints.

In medical term, we call that synovitis, which is basically a build up of inflammation and fluid in your joints, and the inflamed joint lining creates more fluid causing significant joint pain and swelling in your joint area.

So just remember, if you have this persistent joint swelling or joint that is not well explained, then it could be an early sign of rheumatoid arthritis.

The number two symptom is morning stiffness. In particular, if the stiffness lasts for more than 30 minutes. When you wake up in the morning, you might feel some mild stiffness, which could be normal.

But if your symptom of stiffness is severe and lasts a long period of time, it could an early sign of RA. When you wake up in the morning or when you are inactive, you might also feel as if your joints are locked or feels like gels and is very difficult to move.

In your hand in particular, You might be having difficulty closing your hands. Difficulty closing the fist is an early sign of arthritis in your joint.

And in general, the stiffness of rheumatoid arthritis typically lasts for 30 minutes to 60 minutes in a regular day. and symptoms typically improve as you move.

That's why when you sit down for a long period of time you might get a lot of symptoms of stiffness but as your become active the stiffness starts slowly getting better.

Now the third important symptom of rheumatoid arthritis is unexplained fatigue and malaise.

Morning Stiffness and Difficulty Making a Fist

As you all of you know RA is a systemic disease that it affects your entire body and the entire bodies in flame that could cause you to have severe fatigue and malaise.

Overwhelming tiredness that does not improve with sleep could be an early sign. Some of our rheumatoid arthritis warriors also feel low-grade fever, and sudden loss of appetite could be an early sign of systemic inflammation due to rheuma arthritis.

Some people might also have flu-like symptoms, which is more of a xenolite aches and pain in your body. If you have any of these unexplained fatigue or malaise symptoms check with your doctor if in case it could early be a sign.

All of you rheumatoid arthritis warriors, thank you so much for watching our video. Please like and subscribe to our channel so that you can learn more about rheuma arthritis.

Our goal in our Channel is simple. We want to make science simple for you. we want make RA disease that we can understand better so you diagnose early and treat early.

And we know early treatment preserve your joint function. So always understand about your joints symptoms so we treat RA early Please also accept our gift, the Holistic Rheumatoid Arthritis Guidebook in the PDF form, as well as a recipe of the smoothie that you can prepare early morning to fight against rheumatitis.

Now the number four symptom of rheuma to arthritis is symmetrical joint environment. And I call this a mirror image pattern where the same joints in both sides of your body are affected.

Fatigue, Malaise, and Systemic Symptoms

This is a hallmark sign of rheumatoid arthritis that help us differentiate between other form of arthritis and commonly affected joint include your knuckle joint, the finger joint and then the wrist joint.

So this symmetric involvement is key diagnostic feature of Rheumator Arthritis. Now, I have a bonus clinical symptom of rheumatoid arthritis, and that is bilateral carpal tunnel syndrome.

Some of our patients, they could get carpial tunnel in the both of the hand, which could be an early sign of Rheumatitis. If you have bilateral carpal tunnel, that is due to the compression of the median nerve, let your primary doctor know to run some tests of rheumatoid arthritis because it could be a hiding sign of inflammation in your wrist joints.

And the carpital tunnel make you feel weak in hand. You are not able to bend your fingers. you might feel numbness and tingling in fingers and you could also get some wrist pain, which could a sign carpial tunnel.

Symmetrical Joint Involvement and Bilateral Carpal Tunnel

As many of you could recall, rheumatoid arthritis is an inflammation and one of the most important feature of inflammation is warmth around your joint and that is due to increased blood flow into those joints and the skin underlying those joint could feel warm and warmth over a joint is a direct marker of information happening inside your joints.

And when you feel lightly into your joint, it might also feel painful or tender to touch, which is another key hallmark feature of inflammation. If you have severe rheumatoid arthritis, then you can also see some redness over the joint.

So the rediness is a marker of information, too. The fifth important symptom that we talk is warmth and tenderness over a joint If you have any of those, it could mean rheumatoid arthritis.

Now, let me quickly summarize what we talked today. We talked about five early signs and symptoms of rheuma arthritis and why this is important because of the fact that early diagnosis is the key in protecting your joints and staying active.

If you have any of those five symptoms and signs, always see a rheumatologist who can help you make the diagnosis early. After the early diagnosis, your doctor might start treatment, such as disease-modifying anti-rheumatic drugs or biologics if your symptoms are not doing better with a demark.

And your doctors will also help understand the lifestyle changes that you can incorporate to manage your rheomyelitis better.

Warmth, Tenderness, and Recap of the Five Signs

So don't wait if you have any of those 5 symptoms of rheumatoid arthritis. If we treat early, then we can significantly improve your quality of life, despite the diagnosis of RA.

And long term, you will do better if we treated your RA early. So take action today. If you have any of those five symptoms that I talked today, talk with your primary doctor and then get a referral to your rheumatologist.

And thank you all of your Rheumatoid Arthritis Warrior for watching our video. If, you like this video, please like and subscribe to our channel where we'll be providing you more information about rheuma atrophitis.

Our goal in this channel is to make science simple, make the content of rheoma atrophy simple so that you can understand and apply those principles in your life.

and I'll see you in the next video. Bye bye.