

## Arthritis

Having arthritis in your feet can make daily life unbearable. Range of motion is limited, traveling any amount of distance is painful, and life simply isn't as easy and carefree as it used to be. Dr. Danciger is an expert at diagnosing and treating all conditions affecting the foot or ankle. If you experience any of the following symptoms, please come into our office in Coachella Valley immediately so Dr. Danciger can determine the best form of treatment.

### Symptoms include:

- Early morning stiffness
- Recurring pain or tenderness in any joint
- Skin changes, including rashes and growths
- Limitation in motion of joint
- Redness or heat in a joint
- Swelling in one or more joints

### **Osteoarthritis:** The most common form

Most people suffering with arthritis in their feet have osteoarthritis, osteoarthritis is the most common form of arthritis in the population of people over 40. It is also known as wear and tear arthritis because it occurs as the body ages and joints, bones, and cartilage are worn out.

Feet are especially susceptible to osteoarthritis because the feet are made up of 33 joints and 26 bones. These 26 bones in each foot account for almost a quarter of the bones in your whole body! A joint is where two bones meet and are held together by ligaments while also being separated by cartilage. Over time this cartilage can become worn down and so thin that bones eventually grind together resulting in pain and swelling.

According to the Arthritis Foundation, "Moving is the Best Medicine" available to fight osteoarthritis. Getting out and getting active is the best way to stimulate your joints and prevent them from developing arthritis.

Rheumatoid Arthritis: Long term disease

**Rheumatoid arthritis (RA)** is the most serious type of arthritis. It is an autoimmune disease which means that the body attacks healthy tissue by mistake. RA starts out small with minor pain and then over time becomes more severe. Patients with RA are often easily fatigued and may even have trouble sleeping.

Treatment for RA depends on the severity of the condition. Treatment options include doctor prescribed medication, physical therapy, exercise, orthotics (or other specially prescribed shoes) and treating through education. The best way to deal with RA is to detect it early on. Early detection allows for more aggressive treatment which can prevent joint destruction.

Dr. Danciger

Dr. Danciger has been helping patients with Arthritis in their feet, along with other foot problems, since 1979. He's dedicated to helping his patients get back to life as usual. If you've been suffering with chronic pain in your feet and are worried that it may be caused by arthritis, don't wait any longer! Our office can give you the peace of mind that you've been waiting for. Schedule an appointment today, we usually have walk-in appointments available as well!