

# Arthritis



The Rheumatology service specialises in the diagnosis and treatment of diseases affecting the musculoskeletal system. Other than providing inpatient and outpatient consultation, our patients also benefit from in-house support services such as physiotherapy, occupational therapy and radiology services including bone densitometry studies. Patients are admitted through the emergency department, referred from polyclinics and general practitioners, or transferred from other departments within Ng Teng Fong General Hospital or from other healthcare facilities such as nursing homes, community hospitals and other hospitals.

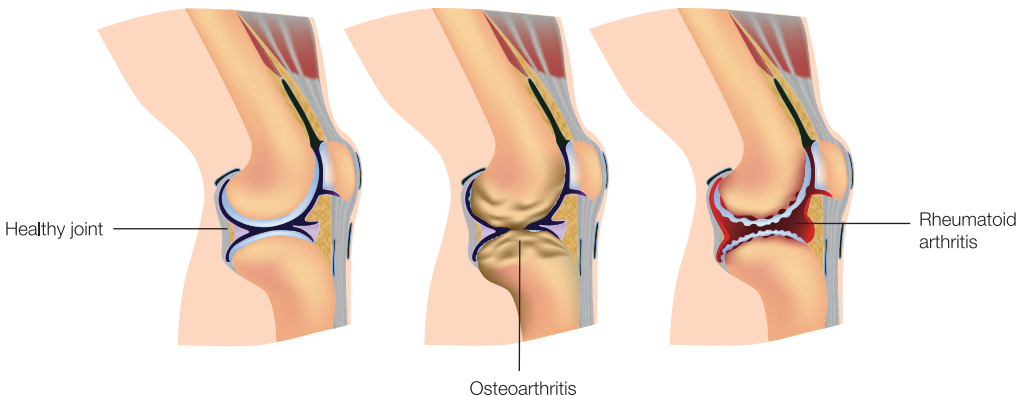
# What is arthritis?

Arthritis is the name given for a group of conditions that cause pain, swelling and stiffness to the joint. Arthritis can affect any joint in the body.

There are more than 100 types of arthritis. Each can affect you and your joints in different ways. Some arthritis can involve other parts of your body, such as the lungs, nerves, blood vessels, eyes, etc. The most common forms are:

- Ankylosing spondylitis
- Gout
- Osteoarthritis
- Rheumatoid arthritis

Common types of arthritis



## What causes arthritis?

There are different types of arthritis and their causes will depend on the arthritis you have. Some are caused by trauma, overuse, wear-and-tear, crystals or problems with the immune system.

## What is the difference between rheumatism and arthritis?

Rheumatism is a general word used in the past to describe any pain in the bones, muscles and joints. We now know them as back pain, tendonitis and arthritis to describe problems with the bones, muscles and joints.



## What are the symptoms of arthritis?

Arthritis affects people in different ways but the most common symptoms are:

- General symptoms, such as tiredness, weight loss or feeling unwell
- Pain
- Redness and warmth in a joint
- Stiffness or reduced movement of a joint
- Swelling in a joint



## Are my sore joints arthritis?

There could be many different reasons why your joints are sore. It could be from an injury or the way you use your joints and muscles in an unusual way (for example, playing a new sport or lifting heavy boxes). Speak to your doctor if you experience pain and stiffness that:

- Comes on with swelling, redness and warmth of your joints
- Lasts for more than a few days
- Starts for no clear reason

## How is a diagnosis made?

Your doctor will ask about your symptoms and examine your joints. He/she may also run some tests or X-rays, but initial results may not show arthritis and it may take a few visits before your doctor can determine the type of arthritis you have. This is because some types of arthritis are harder to diagnose in the early stages. Your doctor may also send you to a rheumatologist, a doctor who specialises in arthritis, for more tests.



## What are the treatment options?

Treatment for arthritis depends on the type of arthritis you have and its underlying conditions. Many types of arthritis can be easily and effectively controlled with modern treatment. Early diagnosis and the right treatment can ease symptoms and prevent damage to your joints. Arthritis affects people in different ways and treatment will be tailored to the needs of each individual. It is important to speak to your doctor to identify the most suitable treatment.

## What can I do?

There are many simple things you can do to live well with arthritis.

- Do moderate exercise regularly
- Eat a well-balanced diet
- Find out the type of arthritis affecting you and work closely with your doctor on suitable treatment options
- It is natural to feel scared, frustrated, sad and sometimes angry. Speak to family and friends, or join a support group to manage these feelings
- Learn to look after and protect your joints
- Learn to manage your pain
- Learn to strike a balance between rest and normal activities



## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

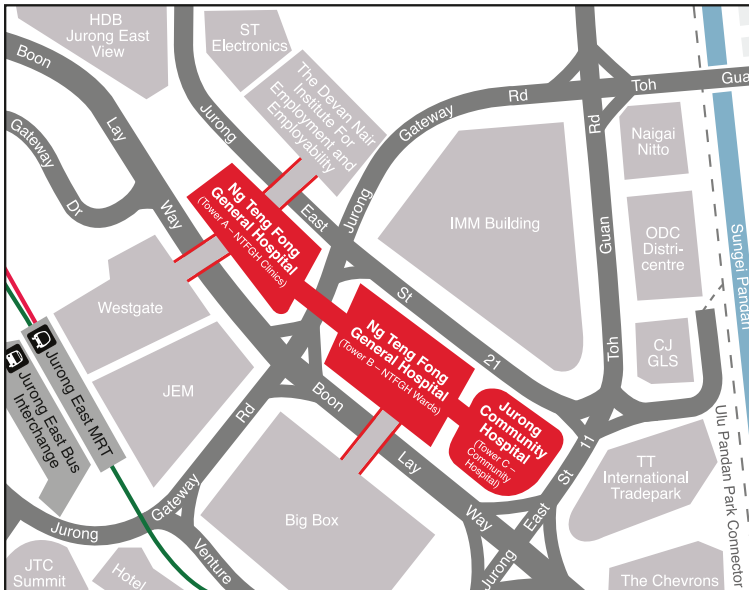
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.