

4 Ways to Relieve Rheumatoid Pain

Description

Rheumatology is the branch of medicine that deals with the diagnosis and therapy of all rheumatoid conditions. In this field, [rheumatologists are doctors](#) and will have specialist knowledge of a variety of rheumatoid conditions concerning their patients.

Some common rheumatic disorders include rheumatoid arthritis, osteoarthritis, lupus, Sjogren's syndrome, ankylosing spondylitis, scleroderma, and gout, to name some of them.

This article will examine four ways in which we can relieve the pain from such conditions.

Medication

The DMARDs most often prescribed by rheumatologists to treat rheumatoid arthritis will include methotrexate, leflunomide, sulfasalazine, and hydroxychloroquine. Their purpose is to slow down the progression of rheumatoid arthritis, which saves the tissues and joints from permanent damage. This is no prevention as such, just the ability to slow the condition down with medication and to relieve it in other ways. Using the medication to slow things is relief to many sufferers and avoids them experiencing the worst symptoms for as long as possible.

Rheumatologists will prescribe prescription medicines and over-the-counter ones can be obtained for mild pain relief.

Compress

Warm, moist compresses can be used to loosen up stiff joints. Conversely, an ice pack can be used on inflamed joints. In addition, patients may find that a massage helps them. All these treatments are quick and easy to apply and will provide relief for the milder symptoms. In more severe cases, pain relief will be the best relief.

In addition to the compress, which is relaxing, it is also important to relax mentally and avoid becoming stressed, as this is one sure way of making a rheumatoid condition worse.

Diet

Eating a healthy and balanced diet can help with all rheumatoid conditions.

Continuing with Rheumatoid arthritis as [the example](#), foods that should be avoided include fatty ones that are full of omega-6 fatty acids, meats that are fried, grilled, or boiled, gluten, sugars and refined carbohydrates, preservatives and anything that enhances flavour, and of course alcohol.

The best fruits to eat that will help with rheumatoid arthritis are tart cherries, red raspberries, watermelon, grapes, and avocado. In the case of the cherries, their dark red colour is indicative of them having powerful antioxidant and anti-inflammatory properties from their flavonoid anthocyanin.

Although diet is not a cure, it can certainly create a relief. Not only by eating foods that help with the inflammation that results from rheumatoid conditions, such as rheumatoid arthritis, but by avoiding foods that exacerbate the condition. As with anything eaten, moderation of the worst kinds of foods will help almost as much as their avoidance altogether.

Exercise

As with everything that is good for you, a good diet should also be combined with regular exercise. Contrary to what might seem logical, exercise will make joints better rather than worse. Even in pain, certain exercises can still be carried out that will help. A rheumatologist or physiotherapist will be able to advise on some good ones that are suited to a certain condition.

Exercising together is a good way of forming a support group of people who are in the same situation, who can talk over their complaints and what works best for them in terms of relief. There is nothing like receiving first-hand knowledge and support from a fellow sufferer who knows just how it is to live with the condition. This is on top of the professional health care that will hopefully already be being received from a rheumatologist. There is plenty of help for those who take the time and trouble to seek it out. Also, it is knowing about where to turn for help. A local GP can be the best place to start, as they can then make a referral to a specialist.

So, four ways to obtain relief from rheumatoid conditions. Medication where prescribed, compressions to provide much relief, a sensible diet to provide further relief and not worsen symptoms, and exercise to keep the joints moving.

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