

SUNDAY MORNING HEALTH CORNER

Juvenile Arthritis Awareness

Juvenile arthritis affects 300,000 children in American, making it one of the most common childhood diseases in the United States.

Classifications of Juvenile Arthritis

Juvenile Idiopathic Arthritis (JIA)

- The most common juvenile arthritis disease.
- JRA affects 1 out of every 1000 children.
- JRA is an autoimmune disease meaning the body's immune system attacks and destroys cells and tissue in the body.

Juvenile Rheumatoid Arthritis (JRA)

- JRA affects about 50,000 children in the United States.
- Symptoms include redness, swelling, warmth, and soreness of joints, although most children do not complain of joint pain, but can limit mobility.

Treatment for Juvenile Arthritis

- **Hot and Cold.** Make sure that you are applying ice packs and heating pads to your child when joints are stiff.
- **Exercise Regularly.** Make sure your child is being active and participating in physical activities.
- **Eat Well.** Make sure that your child is eating a proper diet.



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