

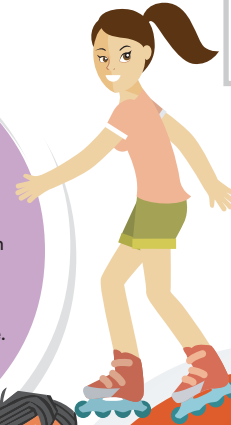
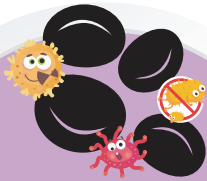
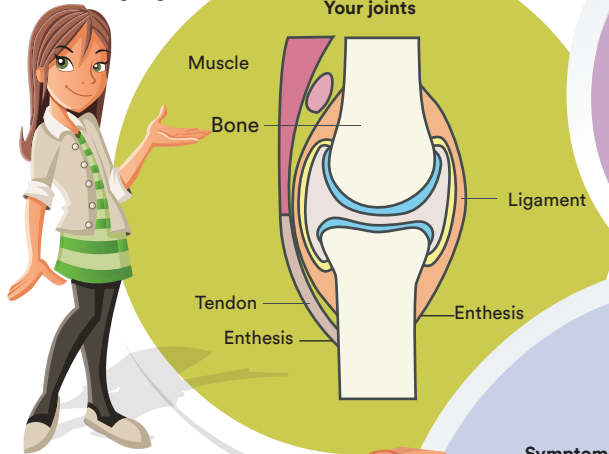
Polyarticular Juvenile Idiopathic Arthritis

(rheumatoid factor positive)

is a condition that causes 5 or more joints to become swollen and painful.

Joints are where your bones meet. Bones, muscles, ligaments and tendons all work together so that you can bend, twist, stretch and move.

Let's look inside and see what's going on...



What's in a name?
Polyarticular means 5 or more of your joints are involved
Juvenile means your condition affects people under the age of 16
Idiopathic means we don't know what causes it to occur
Arthritis means inflammation of the joint
Rheumatoid factor (RF) is a protein the body produces that attacks healthy tissue
Positive means your blood test found RF present in your body

From time to time you'll see other **health professionals** including:

- physio
- occupational therapist
- eye specialist
- pharmacist
- podiatrist
- psychologist or psychiatrist.

It all depends on your symptoms.



You'll need to see your doctor regularly, as well as **paediatric rheumatologist**. That's a doctor who specialises in conditions that affect your muscles, bones and joints.

Symptoms of polyarticular juvenile idiopathic arthritis (rheumatoid factor positive) include:

- pain and swelling in your joints, especially hands and feet
- joint involvement is symmetrical - that means joints on both sides of the body will be affected
- nodules, or small bumps may form under the skin near the joints
- other parts of the body like the eyes, liver and lymph glands may be affected.

You'll need to take some medications. They may include:

- pain relievers
- anti-inflammatory meds (NSAIDs)
- corticosteroids
- disease modifying meds (DMARDs)
- biologics (bDMARDs)



What can I do?

- follow your treatment plan, this is **really important**
- exercise and stay active
- manage your pain
- eat well
- know what to do when you have a flare
- talk with your teachers and friends
- know its OK to feel sad from time to time.



Everyone's different and will have **different symptoms**.



Sometimes you may experience a **'flare'**. This is when your condition is more painful, you have inflammation and you're super tired.



Why did I get arthritis?

No one knows what causes some people to get **PolyJIA (RF+)**. It may be the result of genetic factors (or things you've inherited) and something from your environment (e.g. an infection that hasn't been identified).



PolyJIA (RF+) is **not contagious**.



Will I always have PolyJIA (RF+)?

It's impossible to know whether you'll always have arthritis. Some people go into remission and their arthritis goes away. However the reality is that most people with PolyJIA (RF+) will continue to have it into adulthood. But there's no reason that it should get in the way of you doing all the fun and exciting things you want to do.

