



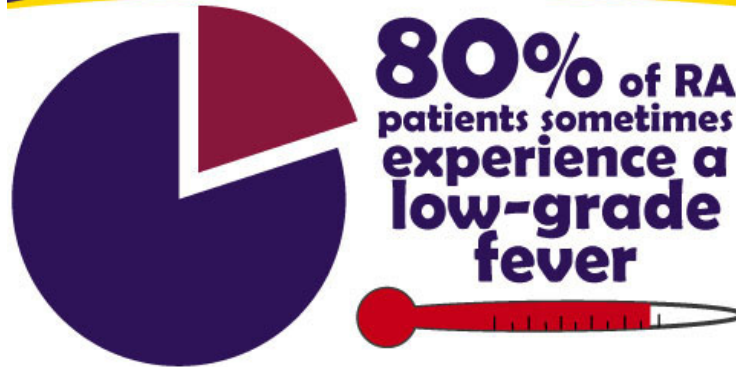
What Symptoms Do Others Have?

by NEWLIFEOUTLOOK TEAM

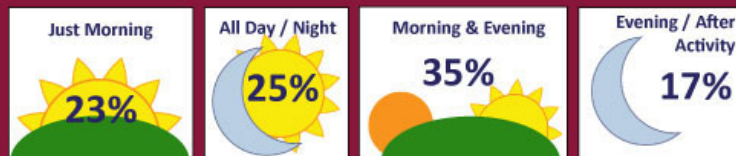
How Others Experience Arthritis Symptoms

By creating a daily tracking sheet that details when you experience your symptoms of RA, you can determine when to perform certain activities. If the majority of your symptoms happen in the morning and in the evening, try to do any activities, including exercise during the middle of the day. If you're working during the time when your symptoms are the least severe, there are various desk exercises that you can perform. Also, keep a record of what you find to cause your RA symptoms to increase and decrease. If you find resting helps to decrease your symptoms, make sure that you're getting a good night's rest. This may involve making sure that you're comfortable in bed.

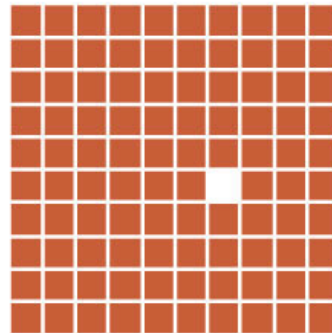
RA Symptoms: A Patient's Perspective



When do you experience the most pain & stiffness in your joints?



99%
of patients
experience
RA-related
fatigue



What causes your RA pain to increase or decrease?

