

RHEUMATOID ARTHRITIS - GENERAL INFORMATION, FACTORS

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Abstract:

Rheumatoid arthritis (Rheumatoid arthritis) is a systemic connective tissue disease of the type of erosive-destructive polyarthritis of unknown etiology with a complex autoimmune pathogenesis, mainly accompanied by damage to small joints.

About rheumatoid arthritis

The name of the disease comes from the ancient Greek rheuma - flow, the suffix - similar, similar, arthron - joint and the suffix -it (Greek - itis) gives the meaning of inflammation.

To date, the causes of the disease are unknown. Indirect evidence: an increase in the number of leukocytes in the blood and erythrocyte sedimentation rate (ESR) indicates that the process is infectious in nature. The disease is thought to develop as a result of an infection that compromises the immune system in individuals with a genetic predisposition; in this case, immune complexes are formed (consisting of antibodies, viruses, etc.), which are deposited in the tissues and cause joint damage. But the failure to treat rheumatoid arthritis with antibiotics may indicate that this assumption is incorrect.

The disease is characterized by high disability (70%), which occurs very early. The main causes of death from the disease are infectious complications and renal failure. Treatment for rheumatoid arthritis mainly focuses on relieving pain, slowing the progression of the disease, and repairing damaged tissue through surgery. If the disease

detected early with modern instruments, the damage it can cause to joints and other tissues is significantly reduced.

The disease first appears during heavy physical exertion, emotional shock, overwork, hormonal changes, as a result of exposure to unpleasant factors or infection.



EPIDEMIOLOGY

Rheumatoid arthritis is widespread throughout the world and affects all ethnic groups. The prevalence is 0.5-1% (up to 5% in older people). Every year, 5-50 people out of 100,000 people get this disease. In 2010, about 49,000 people died from rheumatoid arthritis.

The average age of onset of the disease is 40–50 years in women and slightly older in men. Women suffer from this disease 3-5 times more often than men.

ETIOLOGY

As with most autoimmune diseases, three main factors can be distinguished in the development of rheumatoid arthritis (rheumatological triad):

1. Genetic (hereditary) predisposition.

Hereditary predisposition to autoimmune reactions.

MHC class II specific antigen: HLA-DR1, DR4 is more often observed in carriers.

2. Infectious factor: hypothetical triggers of rheumatic diseases.

Paramyxoviruses – mumps, measles, respiratory syncytial infections, viruses;

Hepatoviruses - hepatitis B virus;

Herpes viruses are herpes simplex viruses, ringworm, cytomegalovirus;

Epstein-Barr virus;

Retroviruses are T-lymphotropic viruses.

3. Triggering factors

Hypothermia, hyperinsolation, poisoning, mutagenic drugs, endocrinopathies, stress, etc.

In women, prolonged breastfeeding reduces the likelihood of developing rheumatoid arthritis. Breastfeeding for 24 months or longer cuts your risk of developing RA by half.

References:

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