

# EAT WELL, LIVE WELL

## Nutrition Tip of the Month

Rheumatoid Arthritis (RA) is an inflammatory condition that affects more than just your joints; it can affect your skin, eyes, lungs, heart, and blood vessels. This condition is caused by the immune system attacking the synovial fluids in the joint. The joint then inflame as an autoimmune response causing the membranes to thicken, which will then destroy the cartilage and bone in that joint. As a result, the tendons weaken and stretch, causing pain and the bones to lose shape. Unfortunately, doctors do not know what causes this process to start. Some known risk factors are your sex (women are more likely to be affected by this condition), age, family history, smoking, environmental exposures, and obesity (Mayo Clinic, 2019). What does that mean for nutrition? Is there a way to help with pain and inflammation with our foods? The answer to both questions is yes. Looking at an anti-inflammatory diet would be highly beneficial to a person who has been diagnosed with RA. Since RA is an inflammatory disease reducing the number of inflammatory foods we ingest would help decrease the pain we feel in our joints. But I want to remind you that just because food is on a subversive list does not mean that you will react to it, and it needs to be taken out of your diet. If you are concerned about inflammatory foods, visit your doctor and have them perform an intolerance test on you. The other thing to keep in mind is that some natural anti-inflammatory will help decrease the pain and inflammation in joints.

This is just a snip of information. If you have questions, please let me know. This is the topic that I wrote my capstone paper on!

Rheumatoid arthritis - symptoms, and causes. (2019, March 1). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/rheumatoid-arthritis/symptoms-causes/syc-20353648>

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