

# Rheumatoid Arthritis Unmasked: 10 Dangers of Rheumatoid Disease

Rheumatoid arthritis (RA) is a chronic autoimmune disease that can cause inflammation and pain in the joints. If left untreated, RA can lead to serious complications, including joint damage, disability, and even death.



## Rheumatoid Arthritis Unmasked: 10 Dangers of Rheumatoid Disease by Kelly O'Neill Young

★★★★☆ 4.6 out of 5

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The following are the 10 most dangerous complications of RA:

1. **Joint damage:** RA can cause inflammation and damage to the joints, leading to pain, swelling, and stiffness. Over time, joint damage can lead to disability and loss of function.
2. **Disability:** RA can cause severe disability, making it difficult to perform everyday activities such as walking, dressing, and eating. In some cases, RA can even lead to paralysis.

3. **Death:** RA can increase the risk of death from heart disease, stroke, and other serious health problems. The risk of death is highest in people with severe RA who do not receive treatment.
4. **Heart disease:** RA can increase the risk of heart disease by causing inflammation of the arteries and blood vessels. Heart disease is the leading cause of death in people with RA.
5. **Stroke:** RA can increase the risk of stroke by causing inflammation of the brain and blood vessels. Stroke is the third leading cause of death in people with RA.
6. **Lung disease:** RA can cause inflammation of the lungs, leading to shortness of breath, coughing, and other respiratory problems. Lung disease is the fourth leading cause of death in people with RA.
7. **Kidney disease:** RA can cause inflammation of the kidneys, leading to kidney failure. Kidney failure is a serious condition that can require dialysis or a kidney transplant.
8. **Lymphoma:** RA can increase the risk of lymphoma, a type of cancer that starts in the lymph nodes. Lymphoma is the fifth leading cause of death in people with RA.
9. **Infection:** RA can weaken the immune system, making people more susceptible to infection. Infections are a common complication of RA and can be serious, even life-threatening.
10. **Amyloidosis:** RA can cause amyloidosis, a condition in which amyloid proteins build up in the body's organs and tissues. Amyloidosis can lead to organ damage and failure.

The good news is that there are treatments available that can help to prevent or reduce the risk of these complications. If you have RA, it is important to work with your doctor to develop a treatment plan that is right for you.

Here are some tips for preventing the complications of RA:

- **Get regular medical care:** See your doctor regularly for checkups and to discuss your treatment plan.
- **Take your medications as prescribed:** Your doctor may prescribe medications to reduce inflammation and pain, and to prevent or treat complications.
- **Exercise regularly:** Exercise can help to strengthen your muscles and joints, and to reduce pain and stiffness.
- **Maintain a healthy weight:** Being overweight or obese can put extra stress on your joints and increase your risk of complications.
- **Quit smoking:** Smoking can damage your blood vessels and increase your risk of heart disease and stroke.
- **Get vaccinated:** Vaccinations can help to protect you from infections that can be serious in people with RA.

If you have RA, it is important to be aware of the potential complications of the disease. By working with your doctor to develop a treatment plan and following these tips, you can help to prevent or reduce the risk of these complications and live a full and healthy life.

To learn more about RA and its complications, Free Download your copy of *Rheumatoid Arthritis Unmasked* today.

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