

JUVENILE RHEUMATOID ARTHRITIS

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Abstract

Juvenile rheumatoid arthritis is a chronic autoimmune disease in children. This disease appears mainly in adolescence, that is, in children under the age of sixteen. Juvenile rheumatoid arthritis damages joints, muscles, and other tissues as a result of a malfunctioning immune system. This disease can significantly reduce the quality of life of children, so early detection and proper treatment are very important.

Keywords: juvenile rheumatoid arthritis, children, skin rashes, disease, laboratory examination, drugs, prognosis, oligoarthritis.

Introduction

The exact causes of juvenile rheumatoid arthritis are not yet fully understood. However, genetic factors, environmental influences, and malfunctioning of the immune system may play an important role in the development of the disease. The main symptoms of juvenile rheumatoid arthritis include joint pain, swelling, redness and fever. In some children, skin rashes, eyes and internal organs can also be affected. There are different types of juvenile rheumatoid arthritis. In oligoarthritis, four or fewer joints are usually affected, while in polyarthritis, four or more joints may be affected. Systemic Juvenile Rheumatoid Arthritis, on the other hand, affects the entire body, including internal organs, and is often accompanied by fever and general weakness. Juvenile rheumatoid arthritis is diagnosed through a child's medical history, physical examination, and laboratory tests. This process helps to determine the type and severity of the disease.[7]

Treatment options vary depending on the type and severity of Juvenile Rheumatoid Arthritis. Typically, the treatment plan includes pain medications, anti-inflammatory medications, and immune system suppressants. Physiotherapy and exercise are also important because they help maintain joint mobility and increase muscle strength.[6]

Psychological support is also important for children living with juvenile rheumatoid arthritis and their families. The effects of the disease are not only physical, but also affect the mental state.





Children may feel isolated, depressed or fearful, so support and emotional support is essential. The long-term prognosis of Juvenile Rheumatoid Arthritis depends on how well the child manages the disease, how it is treated, and how well it cooperates with doctors. Some children may recover completely from the disease, while others may develop a chronic disease. Therefore, early detection and proper treatment of Juvenile Rheumatoid Arthritis is very important to improve the quality of life of children and reduce the negative effects of the disease.[2]

Support for children living with Juvenile Rheumatoid Arthritis is very important as this disease can take a toll not only physically but also mentally and socially. It is necessary to constantly monitor the condition of the child and meet with the doctor regularly. It is important to have complete information about the treatment plan and medications, as well as to change the treatment when necessary. Physical therapists can teach children exercises to help maintain joint mobility and increase strength. It also helps reduce pain. Children living with juvenile rheumatoid arthritis often experience stress and depression. Working with a psychologist or psychiatrist can help a child express his feelings and teach him strategies for managing stress. [1]

Family members need to show support, love and understanding to the child. It is important to establish open communication in the family, to allow the child to express his feelings. Social activities and groups for children, such as sports or art clubs, can help develop their social skills. Socializing with other children helps them feel less alone. It is important that children and their families are fully informed about Juvenile Rheumatoid Arthritis. Understanding this disease, learning about its symptoms and treatments, can help children manage their condition. A healthy diet and regular physical activity can help improve the overall health of children. Choosing foods that reduce inflammation can also be helpful. Teaching children stress management techniques, such as breathing exercises, meditation, or yoga, can help improve their mood. Support for children living with Juvenile Rheumatoid Arthritis can help in many ways to improve their quality of life, manage the disease and maintain mental health. Family, friends and medical professionals work together to help children live a more comfortable and happy life.[4]

Conclusion:

Overall, juvenile rheumatoid arthritis can be a difficult time for children and their families. However, with modern medicine and support, many children can successfully manage this condition. Doctors, psychologists, and family members can work together to help children live their lives more comfortably and happily.

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