ALDEL EDUCATION TRUST
ALDEL COLLEGE OF PHARMACY AND RESEARCH
Approved by PCI, Recognized by DTE and Affiliated To University of Mumbai & MSBTE

(Issue - X)

AROGYAM DIGEST

WORLD ARTHRITIS DAY

12th October 2025

"INFORMED CHOICES, BETTER OUTCOMES"

WORLD ARTHRITIS DAY 12 OCTOBER

VISION

"To Strive for Excellence in Pharmaceutical Education and Research to Develop Competent Pharmacy Professionals."

MISSION

- To Create an Environment which encourages Lifelong Learning, Professionalism and Social Responsibility.
- To Conduct Collaborative Advanced and Innovative Research that caters the needs of Pharmaceutical Industry and Community.
- To Foster and Develop Entrepreneurial Skills to Serve the Patients and community.

QUALITY POLICY

- Committed to be a centre of excellence by ensuring quality education and innovative
- research to empower students to become competent pharmacists

INDEX

01 PREVALENCE

02 SIGNIFICANC

03 SURGERY

04 RISK FACTORS

OVERVIEW

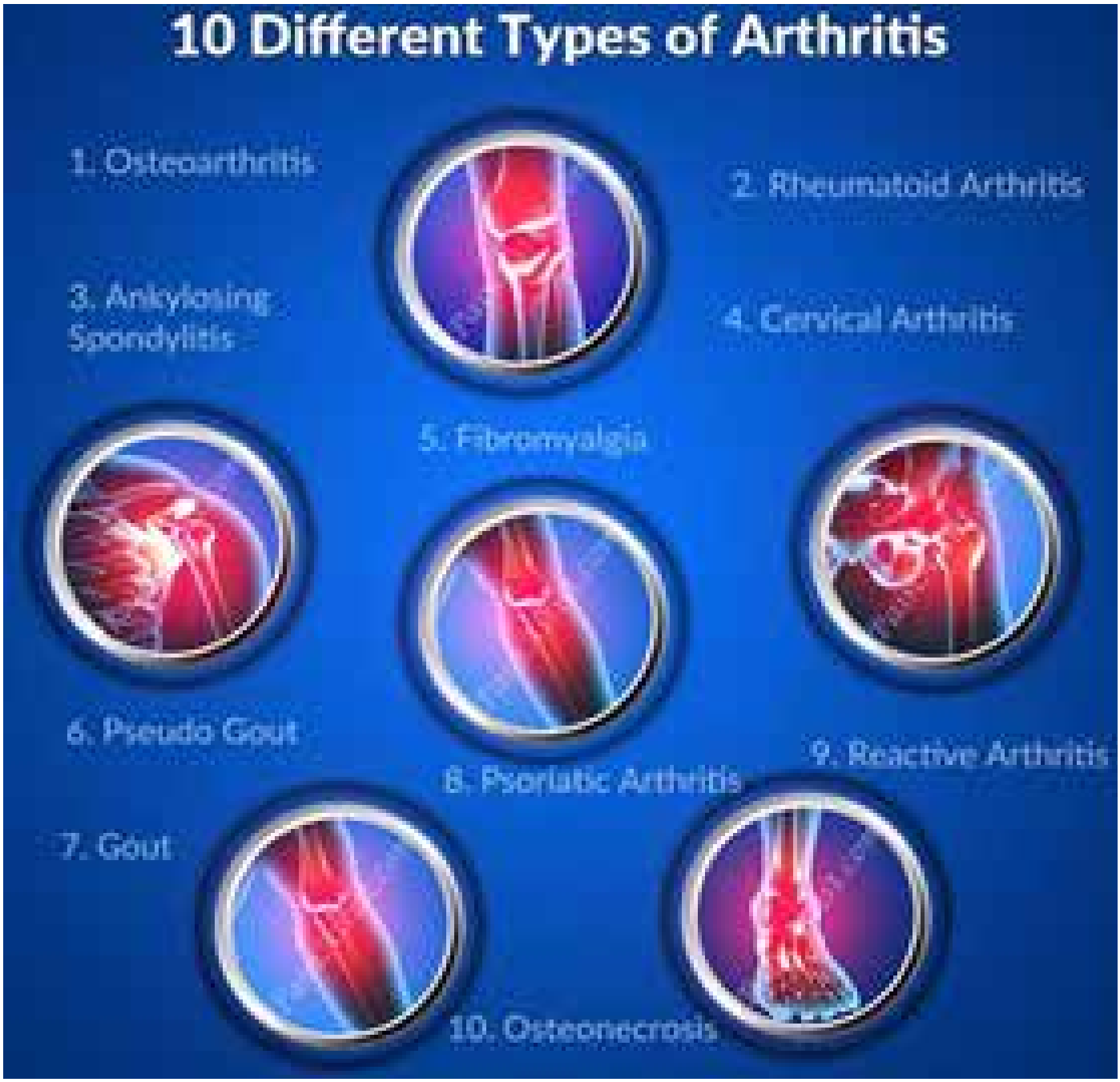
World Arthritis Day (WAD) is a global awareness day held annually on 12th October. Arthritis and Rheumatism International (ARI) established WAD in 1996 to raise awareness about arthritis and rheumatic diseases. WAD aims to inform people world wide about the existence and impact of rheumatic and musculoskeletal diseases (RMDs). These conditions cause symptoms such as inflammation, pain, and stiffness in the joints, muscles, and connective tissues, often leading to reduced mobility and quality of life. Some common arthritis and rheumatic diseases include osteoarthritis, rheumatoid arthritis, lupus, and gout.

The World Health Organization (WHO) reported that, in 2019, approximately 1% of the global population (18 million people worldwide) was affected by RA and about 528 million people worldwide were living with osteoarthritis; an increase of 113% since 1990. Notably, around 70% of those affected by RA are women, a significant portion of whom (55%) are over the age of 55 years. About 73% of people living with osteoarthritis are older than 55 years, and 60% are female.

About 13 million people with rheumatoid arthritis and 344 million people living with osteoarthritis experience severity levels (moderate or severe) that could benefit from rehabilitation. While rheumatoid arthritis is a systemic autoimmune disease that affects multiple body systems, the joints of hands, wrists, feet, ankles, knees, shoulders and elbows are most often affected. With ageing populations and increasing rates of obesity and injury, the prevalence of osteoarthritis is expected to continue to increase globally.

Prevalence

- Over 350 million people worldwide live with arthritis.
- In the United States alone, about 1 in 4 adults (around 58 million people) have been diagnosed with some form of arthritis.
- While arthritis is more common in older adults, children can get it too (juvenile arthritis).
- Women are more likely than men to develop many types of arthritis, especially rheumatoid arthritis.



Significance of World Arthritis Day (WAD):

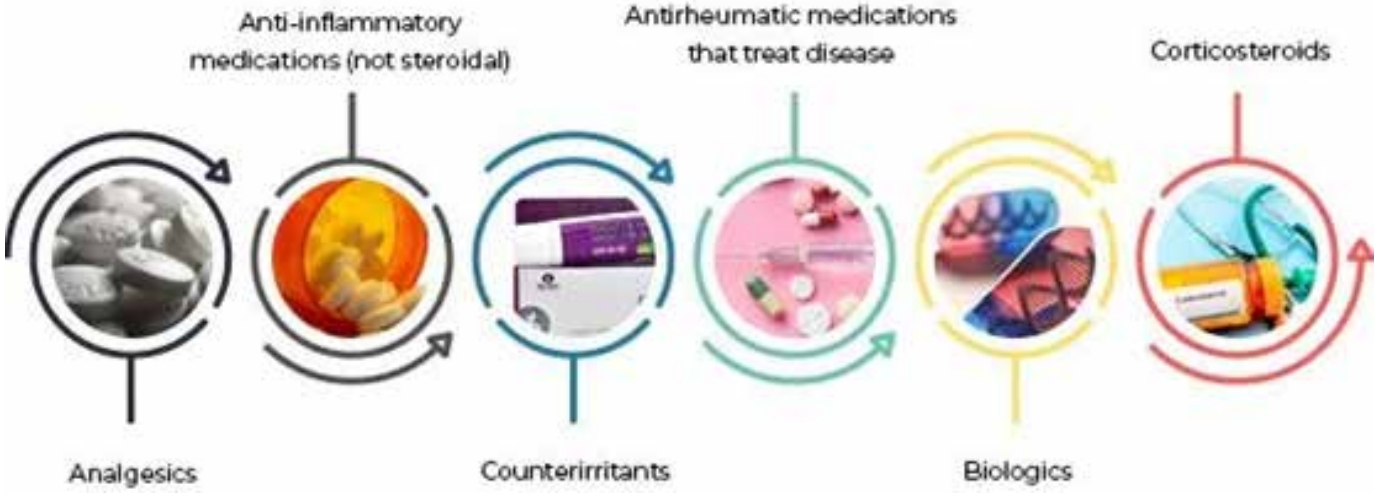
The day emphasizes the need for early diagnosis to prevent complications. WAD brings together people from around the world to advocate for better awareness, support, and treatment options for those affected by RMDs.

Treatment and Self care tips for arthritis:

There is no cure, but effective treatments help manage symptoms and improve quality of life

Medication

Doctors prescribe medications depending on the specific type of arthritis.



Surgery

Depending on the type of arthritis a person has, different surgical treatments on the affected joints may be necessary. Doctors may recommend surgery when a person's symptoms are severe and other treatments have not provided relief.

Self-care tips to manage Joint Pain due to arthritis

- Eat a balanced diet
- Ensure adequate intake of vitamin D and calcium.
- Maintain a healthy weight
- Engage in regular, low-impact physical activities such as swimming, walking, and cycling.
- Practice yoga and meditation to relax muscles.
- Avoid smoking.

Risk factors:

Family history
Age : As you grow older, the risk of arthritis, including osteoarthritis and gout, increases.
Gender: Women are more likely than men to develop rheumatoid arthritis. On the other hand, men have a higher risk for developing gout.
Overweight & obesity:
Extra weight increases chances of getting knee osteoarthritis. That's because the extra weight puts more stress on knees and hips.
Joint injuries: Joint injuries can really mess with joint health and increase the risk of osteoarthritis.

Diagnosis

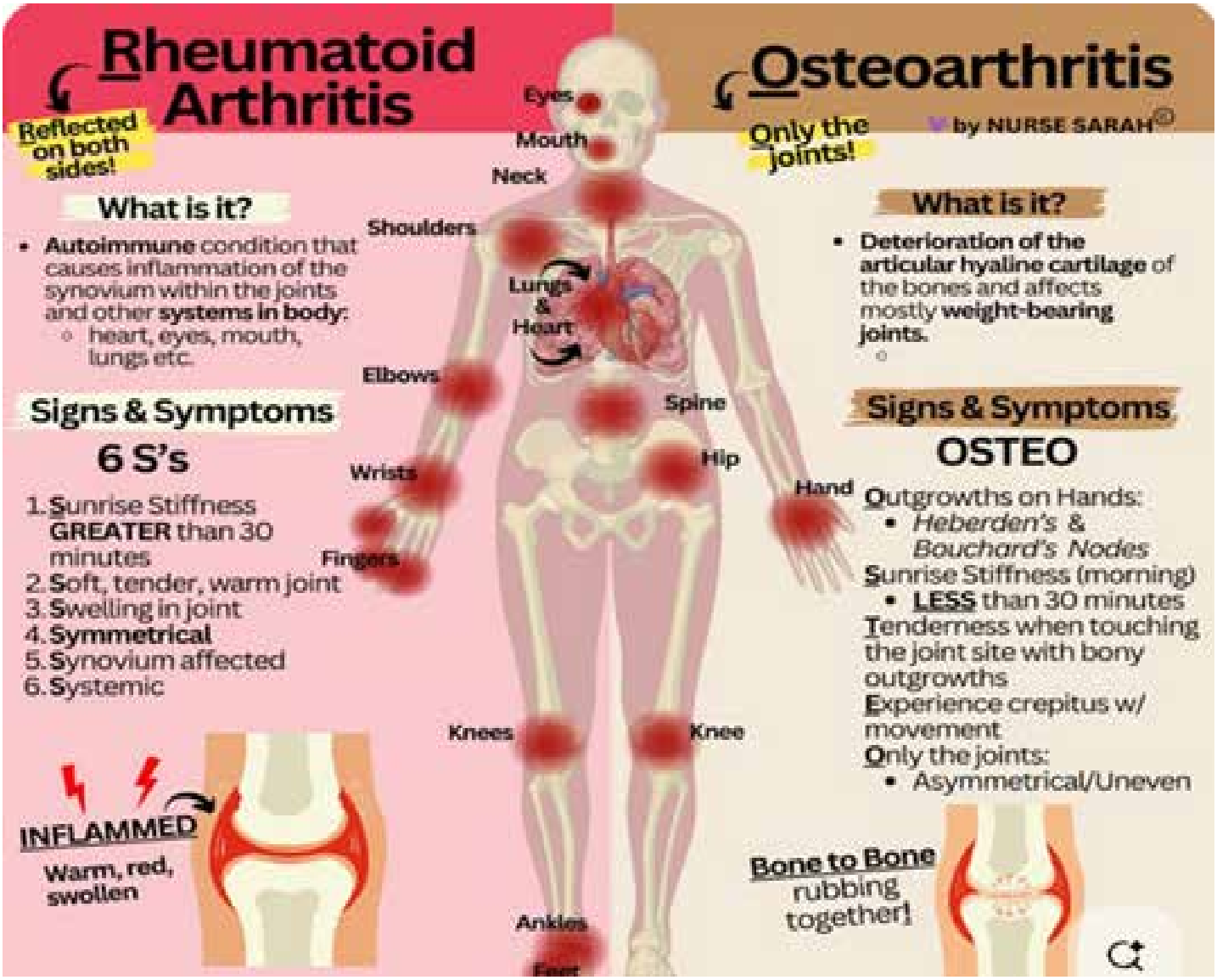
There are various ways arthritis can be diagnosed, such as:

- for redness, tenderness, warmth, or loss of motion.
- X-ray: An X-ray will tell you what kind of arthritis you have. X-rays are used to diagnose osteoarthritis, as they can show a loss of cartilage or bone spurs.
- Joint fluid testing: In some cases, your doctor will test the fluid in your joints. This will help to differentiate osteoarthritis from other types.
- Blood or urine testing: Blood or urine tests can help your doctor identify exactly what type of arthritis you have. For example, someone with rheumatoid arthritis will likely have antibodies called rheumatoid factors in their blood.

Symptoms

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis, signs and symptoms may include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion



Key Things to Know

- Arthritis is common but manageable.
- Early detection is critical for slowing disease progression.
- Patient education and support are vital—mental and emotional well-being matters too.

BOARD OF TRUSTEES

MR. ALBERT W. D'SOUZA
Chairman

MRS. ELVINA D'SOUZA
Secretary

MRS. ELAINE C. D'SOUZA BUTHELLO
Treasurer

MR. ALDRIDGE D. D'SOUZA
Member

MBA /BBA
HR / Finance / IT / Marketing
Operations

Pre - Primary - Std X
(State Board)

XI / XII
Arts / Commerce
Science / Bifocal

Pre Primary - XII
(CBSE)

B. Pharm. / D. Pharm.

INSTITUTES UNDER ALDEL EDUCATION TRUST

ALDEL
EDUCATION TRUST

M. Tech. (Comp / IT) / M.C.A
B. Tech. (Civil / Mech / Comp / IT
ECS / AI-ML / Data Science)
Diploma (Civil / Mech / Comp / IT)

M. Pharm. / B. Pharm. / D. Pharm.
- Quality Assurance
- Pharmaceutics
- Pharmaceutical Chemistry
- Pharmacology

B.Com. / B.B.I. / B.A.F. / B.F.M.
B.M.S. / B.A /
B. Sc.(PCM / PCB) /
B. Sc.(H.S) / B. Sc.(IT)
B. Sc.(CS) / B. Sc.(DS)

PGDM
PGDM - Pharm. Mgmt.

9920841900

St. John Technical and Educational
Campus, Vevoor, Manor Road, Palghar (East),
Dist. Palghar - 401 404, Maharashtra, India.

office@acpr.in
aldel.acpr
acpr_official
acpr.edu.in