

# Dr. Matthew Bogard publishes an article on why adults develop arthritis

*Arthritis is one of the most common chronic diseases that affects a large population of the worldwide population. Read on to learn more about this disease.*

OMAHA, NEBRASKA, UNITED STATES, February 15, 2019 /EINPresswire.com/ -- Arthritis – inflammation of the joints - isn't confined to people who are elderly. It can affect everyone, including children. According to research, about 54 million adults and 300 thousand children have arthritis of one kind or another. If you feel that your joints hurt too much, read this article to decipher if you are suffering from arthritis. We'll be taking a look at arthritis types, symptoms, and causes in this article.

Arthritis can occur in any joint of your body including your knees, ankles, elbows, wrists, and fingers. If you're suffering from arthritis, you will feel pain and sometimes swelling in affected joints. This can make it difficult or painful to complete everyday tasks.

## Types of Arthritis

Arthritis refers to about 120 different types of diseases. Some of the most common forms of arthritis are listed below.

### • Osteoarthritis



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*Dr. Matthew Bogard*

- Rheumatoid arthritis
- Psoriatic arthritis
- Gout
- Lupus

### Causes

Arthritis can occur for various reasons and each subtype of arthritis has its own causes. Let's take a look at the different types of arthritis individually.

### Osteoarthritis



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The joints in your body have a jelly-like protective covering called cartilage. It protects your joints from wear and tear, allowing you to move easily. Osteoarthritis is the condition when the cartilage in your body breaks down because of injuries, stress or due to increasing age. This

causes pain when you move your joints.

### Rheumatoid Arthritis

This type of arthritis is an autoimmune disease which means that your body's immune system attacks your joints. The reason why the body reacts this way is not yet known.

### Psoriatic Arthritis

This type of arthritis is part of a medical condition called psoriasis in which patients develop red and white patches of inflamed and itchy skin.

### Gout

This type of arthritis develops when the level of uric acid become elevated. The excess uric acid builds up in different parts of your body including your joints. It may occur if you consume foods that contain high amounts of uric acid or your kidneys have failed to process the uric acid produced by your body.

### Lupus

Lupus is a condition in which your immune system attacks your body parts including joints, brain, kidneys, skin, and other organs. The reason why your immune system acts this way is not exactly known.

### Symptoms

Different types of arthritis have different symptoms. These are common signs that indicate you have arthritis.

### Osteoarthritis

- Sharp pain in joints
- Difficulty in walking
- Joints become stiff when you wake up

### Rheumatoid Arthritis

- Sharp pain in joints
- Stiffness and swelling in joints



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- Symmetrical pattern of pain. This means if your right hand is affected, your left hand will also be affected.

### Psoriatic Arthritis

- Swollen fingers and toes
- Discolored fingernails
- Sharp pain and stiffness in joints

### Gout

- Stiff joints
- Sharp joint pain usually in your toes, elbows, ankles, knees, or fingers.
- Redness and swelling of joints

### Lupus

- Sharp pain in joints
- Headache
- Swollen limbs
- Rashes around cheeks
- Mouth sores
- Hair loss
- Anemia
- Chest pain

If you think your body is exhibiting these symptoms, you should get yourself checked by a doctor. Arthritis can be managed with proper medication and exercises if diagnosed at an early stage. However, most types of arthritis cannot be completely cured. So, visit your doctor today to know if you have arthritis.

[Matthew Bogard, MD](#) (Iowa, Nebraska)

## Matthew Bogard, MD

Dr. Matthew Bogard practices emergency medicine primarily at the Lucas County Health Center in Chariton, Iowa. Presently, he is Board Certified in Family Medicine by the National Board of Physicians and Surgeons and the American Academy of Family Physicians.

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#### About Me



**Matthew Bogard, MD**  
Dr. Matthew Bogard grew up near Omaha, Nebraska and attended Creighton University where he studied Health Administration and Biology. He attended medical school at the University of Nebraska – College of Medicine and was selected to join the Advanced Rural Training Program, a four-year residency program at the University of Nebraska Medical Center that trains physicians to provide comprehensive full-spectrum medical care. During residency, Dr. Bogard served on the Board of Directors of the

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Physician [Dr. Matthew Bogard](#) practices Emergency Medicine in Omaha, Nebraska. During his training at the University of Nebraska College of Medicine, he was selected to join the Advanced Rural Training Program, a four-year residency that trains physicians to provide comprehensive full-spectrum medical care. During his residency, [Dr. Bogard](#) served on the Board of Directors of the Nebraska Academy of Family Physicians, was active with the Nebraska Medical Association, mentored multiple medical students and was honored by the Nebraska Legislature as “Family Physician of the Day.” Dr Matt Bogard primarily practices Emergency Medicine. Dr. Matt Bogard is Board Certified by the American Academy of Family Physicians and Board Eligible in Emergency Medicine.

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