

Hebden Bridge Acupuncture Centre Patient Information Sheet

Rheumatoid Arthritis

Rheumatoid Arthritis is a chronic inflammatory deforming polyarthritis affecting 3 percent of the population and 3 times more women than men. Symptoms include redness, pain through movement, swelling, stiffness and heat in joints. It is often worse in cold damp climates and progression of the disease may lead to joint deformity, nodules and widespread muscle weakness.

Western Medicine and Rheumatoid Arthritis

Although, from a western perspective, the causes of Rheumatoid Arthritis are still unclear the autoimmune processes of the body are considered to be involved, often triggered by an initial infection. There is no conventional cure for Rheumatoid Arthritis and therapy is centred around use of anti-inflammatory drugs to reduce the degree of inflammation. Although this condition usually manifests in the 30-40 age bracket many patients will have long periods of remission and moderate impairment.

Traditional Chinese Medicine (TCM) and Rheumatoid Arthritis

From a TCM perspective Rheumatoid Arthritis is classed as Painful Obstruction Syndrome and is seen as an invasion of an external pathogenic factor, usually Damp and Heat into joints due to a weakness in the Defensive exterior Qi. These factors impede and obstruct the flow of Qi and Blood in the local area causing pain, heat and swelling.

In both chronic and acute cases acupuncture is seen as an effective treatment for this problem, however long standing chronic conditions may require a longer treatment plan.

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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References

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