

About Joint issues

As you get older, your knees, hip joints, lower back, fingers, etc. will begin to ache. This is called "arthritis" where the cartilage wears away, and it is characterized by pain when moving. However, rheumatoid arthritis is an autoimmune disease. RA mainly attacks the joints, usually many joints at once. RA commonly affects joints in the hands, wrists, and knees. Joints become swollen and painful. Women are said to be affected three to four times more often than men.

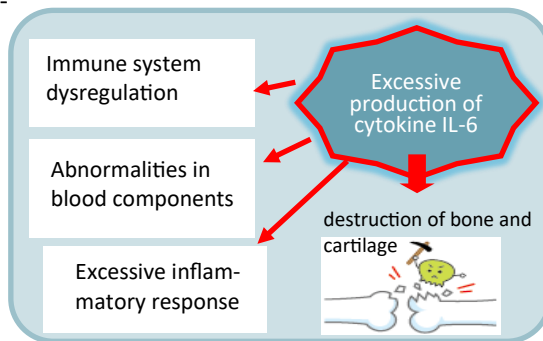
Rheumatoid arthritis is a disease in which the inflammation of the joints continues to destroy cartilage and bones, leading to joint deformation and impairment of joint function. Once a joint is destroyed, it is said that it is difficult to return to its original state, so do not overlook even minor symptoms. Early detection is important.



Causes of RA

Although not all causes have been elucidated, what triggers joint inflammation is a protein produced by immune cells called "cytokine." Cytokines can be broadly classified into interleukin (IL), interferon (IFN), tumor necrosis factor (TNF), etc., but if further classified, there are hundreds of types with a wide range of actions. In particular, inflammatory cytokines such as IL-6 and TNF- α play an important role in promoting inflammatory reactions against bacteria, viruses, etc. that invade our body. However, excessive secretion of these inflammatory cytokines leads to further inflammation and causes autoimmune diseases such as rheumatoid arthritis.

This over reaction of the inflammatory process create many kinds of immune diseases as Lupus and Psoriasis to name a few. Focusing on the mechanism by which this inflammation occurs, recently, a class of medicine called Biologics that suppress the actions of IL-6 and TNF- α have been utilized as injections and infusions.



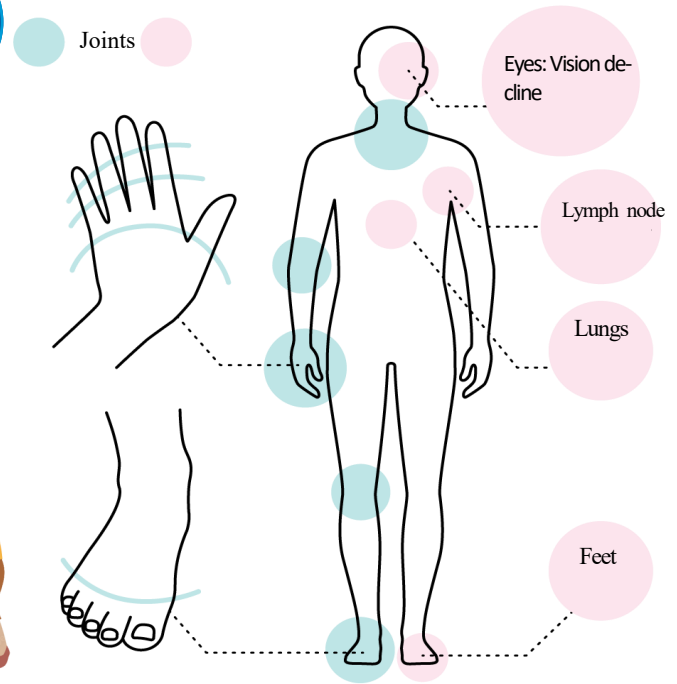
Early symptoms of rheumatoid arthritis

Early symptoms such as feeling feverish, feeling tired, losing appetite, and stiffness around the joints can be felt in the early morning. Joints may feel warm and feverish. After that, the small joints swell and eventually spread to the wrists, elbows, shoulders, ankles, knees, hips, and other joints throughout the body.

From: <https://www.racenter.kuhp.kyoto-u.ac.jp/wp-content/ploads/2019/12/ra201902.pdf>
<https://selfcare-sdc.com/columns/en/nyso-2/> <https://www.lilly-ra.jp/about-ra/evolving-treatment-options>

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Common sites of RA



RA & Fish oils

According to reports from overseas, when rheumatoid arthritis patients taking anti-rheumatic drugs have a high intake of EPA and DHA, the rate of improvement (remission) of arthritis increases compared to patients who do not take them.

Seafood contains more omega-3 fatty acids such as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) than meat. Nuts and leaves are also known as foods with high content. On the other hand, omega-6 fatty acids, which are abundant in meat, are the source of inflammatory substances that cause local pain and swelling. We are still in the research development stage to see if omega-3 fatty acids can actually be used as a treatment for rheumatoid arthritis, but at least it is important to try to incorporate good quality fish into your diet. *

(Kyoto University Hospital Rheumatology Center / Rheumatism Communication No. 23)

Recommended supplement!

\$70 SRP
90 capsules



Magnus' OMEGA DHA is an "omega-3 fatty acid" supplement with a good balance of DHA and EPA.