

A Patient's Guide to **Arthritis**



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LONG ISLAND SPINE SPECIALISTS, P.C.
Committed to Excellence, Committed to You

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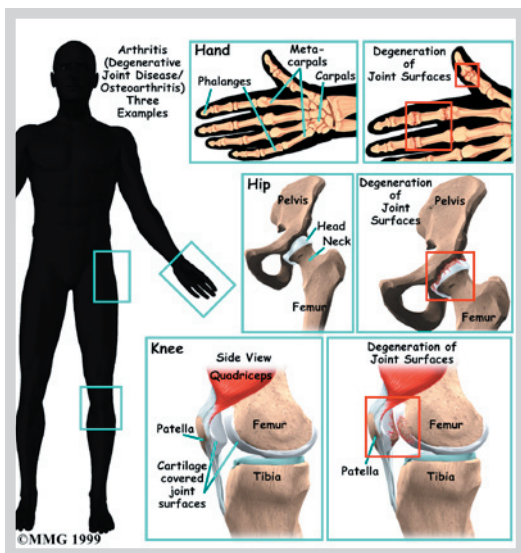
Long Island Spine Specialists, P.C. is a team of experienced spine experts consisting of accredited Fellowship trained Board Certified Orthopaedic Spine Surgeons, multi-Board Certified Physiatrists specializing in interventional pain management, and Physician Assistants. The team focuses exclusively on the specific issues relating to the spine. Our medical professionals have years of experience and expertise in all spinal conditions including traumatic injuries and deformities.

Listed among the leading national physicians in spine health with State-of-the-Art facilities in Commack, West Islip, Garden City and Manorville. LISS offers patients across the region the most advanced resources in spinal medicine today. We are committed to delivering the highest quality of individualized comprehensive care to each patient with compassion and integrity.

We identify the cause of the symptoms & develop an individual effective treatment plan by exploring a variety of medical options which may include nonsurgical treatment and when specifically indicated, operative intervention to return patients to active healthy lifestyles.

Our Mission:

At Long Island Spine Specialists, P.C., we know how debilitating back and neck disorders can be for our patients. We also know that when it comes to treating these conditions, finding the treatment option that best meets each patient's individual needs is perhaps the most important aspect to successfully alleviating or managing back and neck pain.



What Is Arthritis?

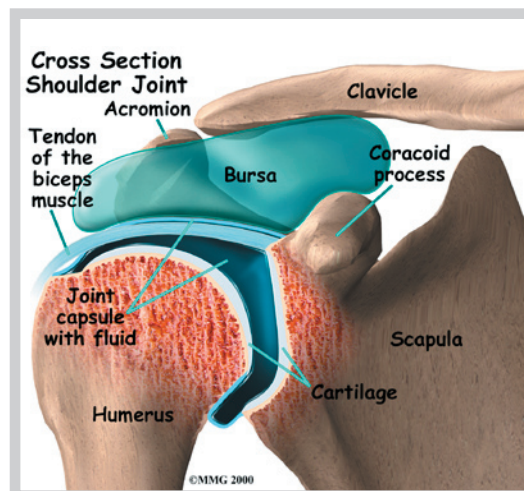
Arthritis means *inflammation of the joints*. Inflammation generally includes symptoms of redness, heat, swelling, and pain. Many different diseases can result in inflammation of the joints. Arthritis is therefore a general term that describes more than one hundred different diseases of the joints of your body.

In some types of arthritis, the cause of the disease is known, but in others it is still unknown. Some types of arthritis come on suddenly, and others develop slowly. Any joint can be affected, including your knees, hips, neck, shoulders, and fingers.

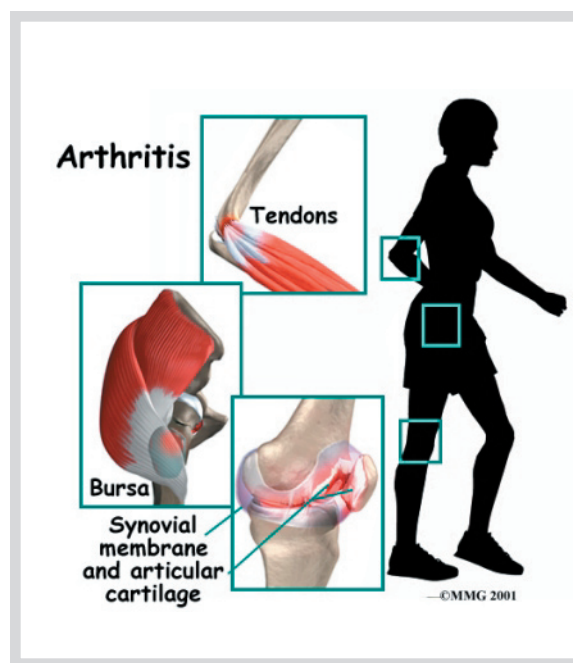
The diseases that cause arthritis can also attack muscle and connective tissue around joints. Some diseases may even damage other organs of the body, such as the kidneys, intestines, and heart. Because the diseases inflame the joints, most arthritic conditions and related diseases involve *chronic* (long-term) pain. Over time, they may cause increasing damage to the joints or soft tissues of your body.

Your joints are beautifully designed to minimize stress and damage while you move. Nearly all joints of the body are *synovial* joints. Most synovial joints occur where two

bones come together and must rub against one another to allow motion. Smooth, slick *articular cartilage* covers the end of the bones



so they don't rub together. *Synovial fluid* lubricates the joint. Around the joint, connective tissue forms a watertight sack that is called the *joint capsule*. Small, fluid-filled sacks, called *bursae*, cushion parts of the joint. *Ligaments* connect the bones together and *tendons* connect the muscles to bones. A problem with any one of these parts can lead to joint pain and inflammation—arthritis.



Many people of all ages suffer from arthritis. It is estimated that forty million Americans--

that's one in seven of us--have arthritis. Almost two-thirds of arthritis patients are women, but for some types of arthritis most sufferers are men.

Arthritis and related diseases are often painful to live with and difficult to treat. But your doctor can help you find treatment and pain management strategies that work for you. The method of treatment will vary depending on the specific disease.

Notes