



## EXPRESSIONS OF PAIN

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Pain....Who does not have it? Everyone gets pain in some ways.

However, life still has to go on. We try to cope with persistent pain. Living with the condition that causes pain daily can be overwhelmingly challenging.

I am going through such pain everyday. Even now while typing this Inspiring Story, I am in pain. However that does not stop me from sharing my experience with many people out there.

Yes, you wonder what her condition is.  
I have Rheumatoid Arthritis.  
What is it?

*Rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints. Rheumatoid arthritis can also cause inflammation of the tissue around the joints, as well as other organs in the body.*

When the disease is active, symptoms can include fatigue, lack of appetite, low grade fever, muscle and joint aches, and stiffness. Muscle and joint stiffness are usually most notable in the morning and after periods of inactivity. Arthritis is common during disease flares. WOW. Yes. I live with this problem. This does not stop me from my everyday duties. I made some changes to it for the relief of my joints but never resigned to fate.

There were days that I cried and was angry with myself  
for being helpless in doing certain things.  
I have a very supportive husband who brought me for a  
talk at Tan Tock Seng.

Over there, we understood many things. I can still go on  
in life.

As the most affected joint is my fingers, I was taught to  
protect it. I try not to carry things using my fingers and  
depended on my arm.

Changes helped me to continue in my daily chores.  
Frequent visits to the doctors who monitored me aided  
very much too.

I feel my condition had improved a lot since. I used to be  
bed ridden and had the impression that I should not work  
and should be on bed rest all the time. I even thought I  
should not exercise to strain my joints.

I WAS WRONG.

I should exercise and not be resting all the time. Now if I  
was active today then I rest tomorrow. It is true. I feel  
much better now.

There is no known cure for rheumatoid arthritis.  
But condition can be improved.

The treatment of rheumatoid arthritis optimally  
involves a combination of patient education, rest  
and exercise, joint protection, medications, and  
occasionally surgery.

I made sure I go through the above faithfully and results  
in better outcomes.

Don't resign to fate. Get educated and treated.