

TIPS FOR ARTHRITIS AND BIOLOGIC THERAPIES

WHAT YOU SHOULD KNOW



Over 60 million Americans live with arthritis. For those with rheumatoid arthritis (RA), psoriatic arthritis (PsA), or other autoimmune conditions, biologic therapies may offer relief, protect joints, and improve quality of life.

What is Rheumatoid Arthritis (RA)?

RA is a chronic autoimmune disease where the immune system attacks joint linings, causing pain, swelling, stiffness, and fatigue—often symmetrically. Without treatment, RA can lead to permanent joint damage and affect organs like the lungs and heart. Early diagnosis and treatment are essential.

What Are Biologic Therapies?

Biologics are advanced medications that target specific immune pathways. Unlike traditional drugs, they help slow disease progression and reduce inflammation at its source. Many patients report improved mobility, reduced fatigue, and better daily function.

Common Biologics Used for RA and PsA

Approved biologics include Actemra, Cimzia, Orencia, Remicade, Rituxan, Simponi Aria, and Skyrizi. Each works differently to reduce inflammation and protect joints.

Managing RA Beyond Medication

- **Stay Active:** Low-impact exercises like walking, swimming, yoga, and tai chi ease stiffness and boost energy.
- **Eat Well:** Focus on anti-inflammatory foods—omega-3-rich fish, leafy greens, berries, and whole grains.
- **Therapy Support:** Physical and occupational therapy can improve function and teach joint-protection strategies.
- **Mental Health Matters:** Stress worsens symptoms. Mindfulness, counseling, and support groups help build resilience.
- **Complementary Therapies:** Acupuncture, massage, and gentle stretching may offer relief.
- **Prioritize Sleep & Rest:** Quality rest reduces flare-ups and supports healing.

FOR MORE INFO

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