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Ankylosing spondylitis is a condition that affects the joints in the spine. When untreated, this leads to bone erosion and bone formation in the spine, which can sometimes lead to spinal deformation. The main symptoms of the disease include stiffness, pain and loss of mobility. Pain in the lower back is especially common in the early stages of the condition. Pain and other symptoms are not limited to the back, which means it can appear in the neck, joints, legs and heels of the foot. Ankylosing spondylitis can make it difficult for a person to perform simple tasks and restrict movement. In severe cases, the patient can not breathe freely. People with this condition can also experience fatigue and have low energy. Sometimes the disease can affect the eyes and areas around them. Inflammation can cause pain and even disrupt vision. Other signs include cardiovascular changes. Ankylosing spondylitis mainly affects men in their 20s, but everyone is at risk of developing the disease. This is more common in men, while women often do not have any symptoms, making it difficult to diagnose early. However, with a proper care and treatment plan, patients can enjoy life and keep symptoms at bay. URL of this page: It is also called: Rheumatoid spondylitis Ankylosing spondylitis is a type of arthritis of the spine. It causes inflammation between the vertebrae, which are the bones that make up the spine, and in the joints between the spine and pelvis. In some people, it can affect other joints. AS is more common and more severe in men. It's often found in families. The cause is unknown, but it is likely that both genes and environmental factors play a role. Early symptoms of AS include back pain and stiffness. These problems often begin in late adolescent age or early adulthood. Over time, AS can merge your vertebrae together, limiting movement. Some people have symptoms that come and go. Others have severe, ongoing pain. The diagnosis of AS is based on your medical history and physical examination. You may also have imaging or blood tests. AS does not cure, but medicines can alleviate symptoms and keep the disease from worsening. Eating a healthy diet, not smoking and exercising can also help. In rare cases, surgery may be required to straighten the spine. NIH: National Institute for Arthritis and Musculoskeletal and Skin Diseases Spondyloarthritis and Exercise (Spondylitis Association of America) From time to time, you may feel discomfort or even pain when trying to strain muscles. You may wonder, but this may be the first sign of ankylosing Spondylitis. It is not only the limbs that can but also our back. It is usually impossible to control a muscle strain, so there is no way to prevent back pain. Anyone who faces this problem should remember that ankylosing spondylitis is a spine. Other reasons describe a regular back injury. Chest pain is, perhaps, the most difficult symptom, since it can be associated with many other disorders. In the case of Ankylosing spondylitis, the joints with the ribs and spine soon cease to spread properly. Long-lasting inflammation prevents the ribs and sternum from properly expanding. That is why patients suffering from this health problem regularly feel the pain in their chest. In the case of ankylosing spondylitis, you should be ready that the pain will develop if you do nothing. Tendons are connected by different bones in certain places. Thus, as-related pain is relevant only for specific areas of the human body. As a rule, the symptom progresses smoothly for ages. However, it can occur immediately when the patient is not expecting it. This discomfort often prevents people from having a healthy sleep. Page 2 Other organs may become annoyed as a result of AS too. One of these organs is an eye. You need to take care of your eyes, and pay attention when they become red, watery, or rather sensitive. People with AS may also have blurred vision. It is important to contact the relevant specialist as soon as possible. 40% of patients reported eye inflammation over a period of time. Painful feelings over the body are another symptom. Do not relax thinking that only areas where the spine connects to the pelvis will suffer. These pains can be transmitted to the rest of the body. Patients name shoulders, legs (especially knees and heels) as the most painful places. If there is trauma, it would be very painful to move for a while. Edema and the feeling of heat are two other factors that can occur. Torpedo legs and hands, difficulty speaking and lack of balance are other critical factors to consider. Often doctors refer these signs to the so-called cauda Equina syndrome. All kinds of neurological deficits can say that individual symptoms as symptoms. In many cases, this condition requires surgical treatment. Kauda Equaria syndrome occurs when the roots of the spinal nerve are compressed. Page 3, True, many people tend to feel tired and overwhelmed due to industrious shifts and other activities. When you are completely tired for no good reasons, this can be a worrying sign! AS patients can get rid of this symptom after they are given the right medication. Since this is a common symptom of many other diseases, it is difficult to rely only on it. Are you worried about the pin in your heels? Beware! Regular painful attacks in the area of your feet can be a symptom of AS. Endangered places are found when joints meet bone. When this happens, may experience tenderness in the target areas. That's why it's hard to walk when you have Ankylosing Spondylitis. Not tinkering in your chair is another symptom of Spondylitis. Office workers with AS find it difficult to work all day, so some of them even quit. The problems that patients face in the buttocks cannot be ignored. Pain is caused by increased sensitivity of the pelvis. This is one of the simplest ways to define ankylosing spondylitis and start treatment. The last sign of Ankylosing Spondylitis is your painful fingers. The finger can also suffer, as can the nail. If you can not explain such discomfort from the recently obtained trauma, it is better to contact a medical professional. Swelling in these areas of the human body can be a symptom of some other diseases, as well. Ankylosing symptoms of spondylitis vary widely. Pain is always a symptom, but the location and quality of pain can be different from person to person. Pain is usually accompanied by other symptoms, such as fatigue or eye irritation. Watch: Ankylosing spondylitis Video pain and ankylosing spondylitis Save ankylosing spondylitis Risk Factors Many people report pain stiffness that occurs for many months. Pain most often occurs in: Low back Alternation of thighs thigh(s) -it is radiating pain that usually does not pass through the knee This pain is the result of inflammation of the lower spine and/or sak-roh-il-ee-ac) joints. Sacrolyic joints, sometimes called illyo-joint [sick-o-o-king] joints, are where the sacral bone - a triangle located in the lower spine - attaches to the bones of the pelvis. See possible causes of sacroilitis and SI joint pain ad Inflammation of sakilyakia is called sacroilitis. People with scroilitis may notice pain when sitting or standing, when climbing stairs, or after running or a tense walk. See Sacroiliac joint pain and inflammation People with ankylosing spondylitis may also report these pain-related symptoms: neck pain. The neck can be painful and/or stiff. Turning the head can be difficult, with some activities, such as driving, more challenging. While anyone with ankylosing spondylitis may experience neck pain, women tend to report it more often than men. See joint pain caused by arthritis video pain in peripheral joints. About half of patients with ankylosing spondylitis develop inflammation of the joints in the hands and feet. Pain and stiffness of peripheral skin most often occur in: Knee shoulder of ankle Achilles tendon fascia (causes pain in the lower heel) Children with ankylosing spondylitis often report pain in the heels and knees, not on the lower back. See Juvenile idiopathic arthritis and other rheumatological diseases in children Pain and stiffness, which improves with Unlike back pain from other causes, the pain of ankylomation is worse during periods of rest or inactivity. Exercises usually help to Pain. See exercises with arthritis morning stiffness. Affected joints may feel stiff after getting out of bed, and can be improved with movement or a warm shower. Pain that interrupts sleep. Many people report that the pain wakes them up, often in the second half of the night. Tenderness. Many people report tenderness in the area of inflammation. For example, pressing the skin on the base of the spine can be uncomfortable or painful. Painful exacerbations. Almost everyone with ankylosing spondylitis reported experiencing painful eruptions -periods of time when symptoms were noticeably worse. Eruptions can occur suddenly and cause pain and stiffness throughout the body. Exacerbations can last for days or weeks and are followed by periods of relative relief. Redness of the eyes and pain. Between 30% and 40% of people with ankylosing spondylitis experience an inflammatory eye condition called uveitis at least once1 (although it is often recurrent). Uveitis, sometimes called yrite, can cause redness of the eyes, discomfort in the eyes, sensitivity to light, and impaired vision. This condition requires immediate attention from an ophthalmologist. NSAIDs relieve pain. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, usually provide pain relief to people with ankylosing spondylitis. See Pain medications to relieve pain location, type and intensity of pain can vary greatly in ankylosing spondylitis. Other symptoms associated with ankylosing spondylitis ankylosing spondylitis is a systemic disease (it affects the whole body), and pain is not the only symptom. Other symptoms include: Unexplained fatigue. This fatigue of the whole body can be overwhelming and last for days, no matter how much sleep a person gets. Fever. As a result of inflammation of the body, a persistent low degree of general feeling of disease may occur. Some people report not feeling well or not quite right. Weight loss and/or loss of appetite. Inflammation can cause people to lose appetite and lose weight, similar to when there is a cold or flu. Swollen fingers or fingers. Dactylitis, the medical name for swollen fingers or fingers, can be a sign of ankylosing spondylitis or any other type of spondyloarthritis. See Understanding different names and classifications for Spondyloarthritis (SpA) Vascular disease. Experts estimate that people with ankylosing spondylitis are 36% more likely to die from vascular disease than the general population.2 Vascular diseases include: Cardiovascular diseases that affect the heart and increase the risk of heart attacks. Cerebrovascular disease, which affects the brain and increases the risk of stroke. Lung disease. Any spondylitis can affect the chest and lungs, making breathing difficult or uncomfortable. See 5 ankylosing Spondylitis Symptoms People with ankylosing spondylitis may not be able to Symptoms can come and go and ease with treatment. Advertising People with advanced cases of ankylosing spondylitis may develop distorted posture, experience bone fractures, or other complications that are explained on the next page. People who receive treatment for ankylosing spondylitis rarely experience these symptoms. Symptoms.

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