



# Spondyloarthritis



1. Redness and pain in the eyes
2. Pain and swelling at the tendons of the fingers, toes, where the tendons and ligaments attach to the bone, usually at the back or bottom of the heel.
3. Psoriasis skin allergies
4. Abdominal pain and bloating
5. Inflammation of the intestine
6. Swelling or swelling of the fingers
7. Osteoporosis

## ► Treatment of spondyloarthritis

There is still no effective treatment for this disease, but the following methods are useful for relieving the pain of this disease:

1. Physiotherapy
2. Non-steroidal anti-inflammatory drugs
3. Corticosteroid injections
4. Anti-rheumatic drugs

## ► What foods are good or bad for spondyloarthritis?

Consumption of the following foods aggravates the infection in the body, so they should be avoided:

1. Sugar
2. Fried food
3. Alcohol
4. Spartam



The following foods are also helpful in fighting infections in the body: Different types of fruits and vegetables, Cereals, Fiber, Fish oil

Also keep in mind that increasing your intake of foods rich in antioxidants such as vitamins E and C, selenium, and fish oil is essential for omega-3s. It is also important to get enough vitamin D and calcium.

## ► Exercise in patients with spondyloarthritis

Due to this disease, you should consult your physiotherapist before any exercise, but the following exercises are suitable for you: Yoga, Pilates, Cycling, Dance, Fast walking



## Spondyloarthritis



that causes spinal deformities as well as the poor function of the shoulders and pelvis.

### Types of spondyloarthritis

It has two main types:

1. Axial spondyloarthritis: in which most pains are felt in the lower back.
2. Peripheral spondyloarthritis



Spondyloarthritis is a type of osteoarthritis that attacks the spine and in some people affects the joints of the hands and feet. It can also affect the skin, intestines and eyes. The main symptom of this disease in most patients is pain in the lower back. Spondyloarthritis is the name of a family of rheumatic infections that cause osteoarthritis. This type of osteoarthritis is different from other osteoarthritis because it involves the location of ligaments and tendons that attach to the bone. The symptoms of this disease are of two general forms. The first type is an infection that causes pain and stiffness in most parts of the spine, which in some cases can affect the hands, feet, arms and thighs, and the second type is bone destruction

people get spondyloarthritis, but you have a higher risk if you have the following conditions:

1. A family member has the disease.
2. Have the genes of this disease genetically.
3. Have other infections.
4. Get infected quickly.

### ► Symptoms of spondyloarthritis

Symptoms of this disease include the following, but there are other symptoms that can have this disease, so you must see a doctor

### ► Who is at risk for spondyloarthritis?

It is not always clear why some