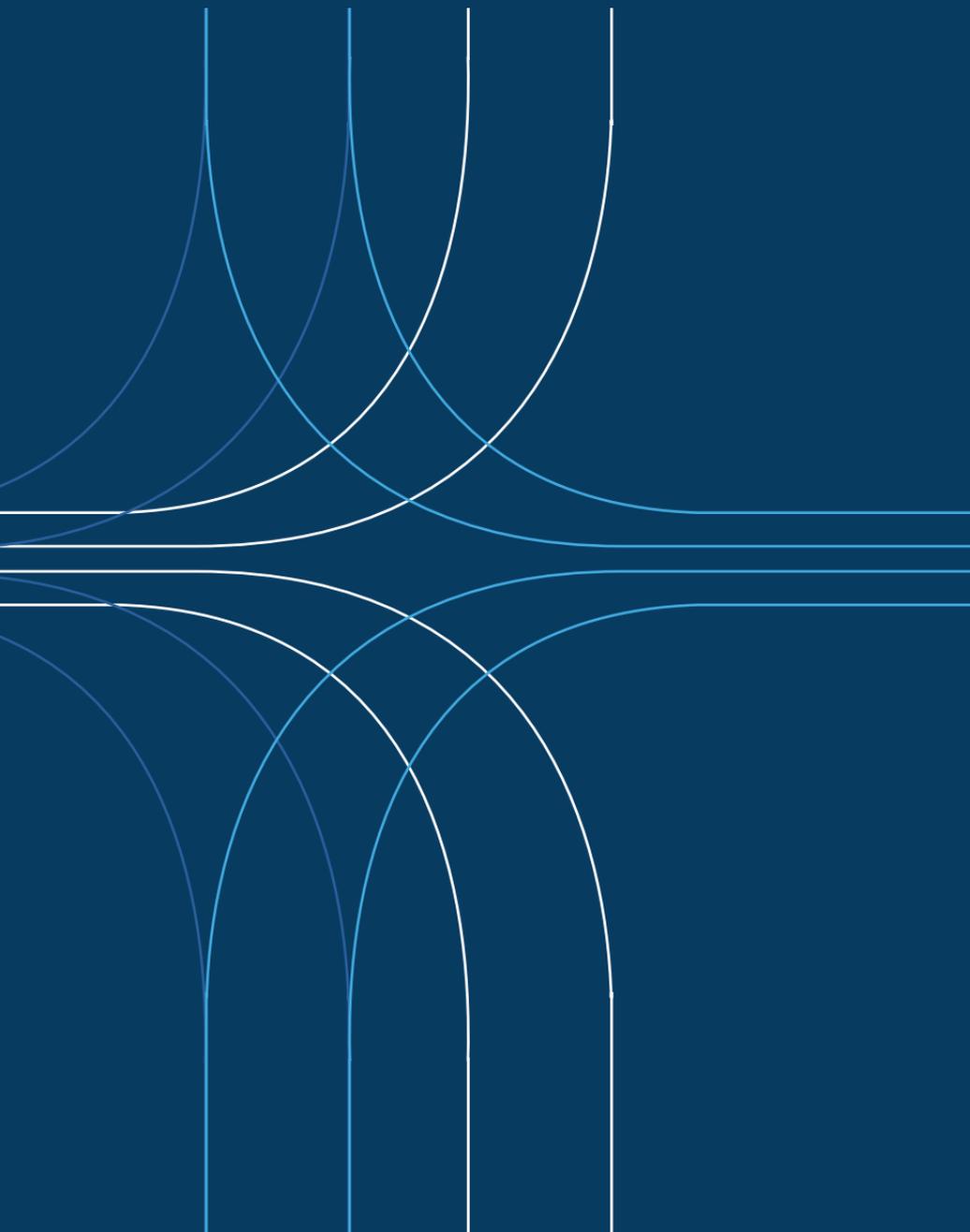


How does rheumatoid arthritis (RA) affect me?

Learn more about living with RA.



The more you know
about your rheumatoid
arthritis (RA) ...

... the more you can do to
help manage it.

You may know how the symptoms of moderate to severe RA can impact your life. In addition to speaking with your doctor, this guide may help you better understand what might be contributing to your symptoms, and let you know you're not alone. RA affects millions of people worldwide.

Inside, you'll find a quick refresher on RA,
including the answers to:

- p. 2 What is RA?
- p. 4 How can RA affect my body?
- p. 6 What can I do?

QUESTIONS? REACH US AT:
1-844-538-9272

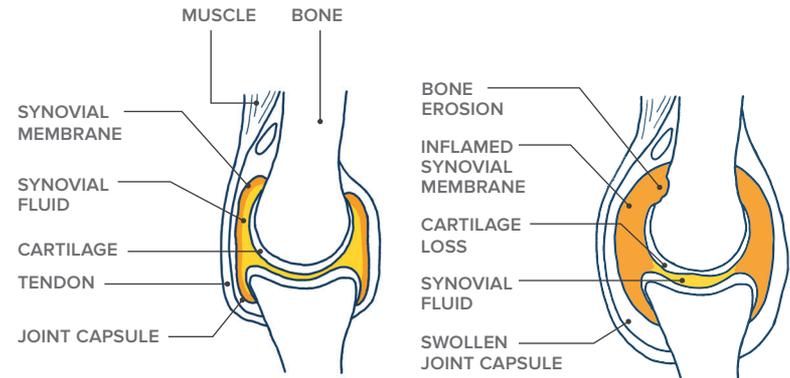
What is RA?

RA is a condition that affects the immune system.

What causes it?

With RA, you may look fine, but your immune system can mistakenly attack the healthy tissue around your joints. While we don't know exactly what causes the immune system to go off course, we do know it plays a key role in the inflammation, pain, and joint damage of RA.

Let's take a closer look at how our joints work.



IN A HEALTHY JOINT:

there is a lining of tissue known as the synovium. The synovium produces a fluid that cushions and lubricates the joint, allowing bones to move past one another with ease.

IN JOINTS WITH RA:

the immune system attacks the synovium, causing it to become inflamed. Inflammation can lead to cartilage loss and bone erosion. The joint space between bones decreases, making it difficult for joints to move. Eventually, bone and joint damage take place.

What do I need to know about disease progression?

You might not feel it, but RA inflammation can cause ongoing, permanent damage. That's why it's important to work with your doctor to help control your disease activity.

What parts of the body does RA commonly affect?

The joints are impacted the most.

Hand, foot, wrist, elbow, knee, and ankle joints are most commonly affected by RA inflammation. Inflammation often makes it difficult to move these joints and can also lead to joint:

- Pain
- Swelling
- Stiffness
- Warmth
- Redness
- Damage

But other parts of the body may be affected too.

While RA mainly affects the joints, it can also impact other parts of the body.

RA isn't the same as osteoarthritis (OA).

Many people confuse RA with OA, but the two are quite different. Here are a few easy ways you can explain the difference.

Osteoarthritis:

- Is likely to be caused by one of these risk factors:
 - Being overweight, getting older, joint injuries, joints that never formed correctly, genetic defects, and certain sports or jobs that put a lot of stress on joints
- Most commonly affects people over 65

Rheumatoid arthritis:

- Is an autoimmune disease
- Can impact any joint, and usually affects the same joints on both sides of the body
- Can begin at any age, but often starts between 30 and 60
- Is 2-3 times more common in women than men

What can I do?

Try these activities along with your healthcare provider's recommendations.*

1. **Warm up your joints**—use a heating blanket, set your thermostat to warm up the room, or take a warm shower or bath as soon as you wake up
2. **Stretch and exercise**—it may seem like exercising would make your joint pain and stiffness worse, but it can actually be the opposite. Exercising regularly has helped some people with RA experience less pain, more energy, better sleep, and better day-to-day function
3. **Eat nutritious meals**—keep yourself energized by eating healthy at every meal
4. **Take charge of your treatment plan**—keep track of symptoms, medications, and pain levels to help your doctor determine how you're actually doing
5. **Celebrate your achievements**—sometimes it's easy to focus on how challenging RA makes things, but always remember to recognize your achievements, both big and small



*Always consult your doctor before engaging in any new exercise programs or activities.

It may be time for a change.

Don't give up. If you're feeling frustrated with your current plan, talk to your doctor about making a change today.

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