

Mental health and arthritis: a complex relationship

In this issue of JointHealth™ insight, we focus on the important relationship between mental health and arthritis. People with inflammatory arthritis (IA) are more likely to experience mental health conditions such as depression, anxiety and “brain fog” than the general population. Recent research suggests there is a complex relationship between these conditions and arthritis, and the impacts are profound. People with osteoarthritis (OA) may also experience depression as a result of new and significant physical limitations. There are effective ways that people with arthritis can manage their mental health.

This issue will cover the following:

- Relationships between depression, “brain fog” and inflammatory arthritis
- Burden of depression
- Recognizing and managing depression and anxiety
- Prevent depression and anxiety
- Love, sex and arthritis*

*Please be advised that the content in this section contain graphics of “joint friendly” positions during sex and may not be appropriate for you or others in your household. The graphics are excerpted from the book, “Rheumatoid Arthritis: Plan to Win”, by Cheryl Koehn, Dr. John Esdaile and Taysha Palmer published by Oxford University Press, 2002.

