

Methods for Managing Anxiety Caused by Rheumatoid Arthritis

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DESCRIPTION

Rheumatoid Arthritis (RA) is a disease in which the immune system assaults healthy cells, resulting in painful swelling. It's classified as both an autoimmune and an inflammatory condition. There is a link between rheumatoid arthritis and mental health because patients with RA are more likely to develop anxiety and depression. Mental health also has an impact on RA outcomes and quality of life. These are long-term health problems in which the immune system targets healthy cells, causing inflammation and physical damage. People with rheumatoid arthritis and other autoimmune illnesses are at a higher risk of mental health issues, just like those with a long-term (chronic) health condition. People with autoimmune diseases, for example, are 45 percent more likely to suffer from anxiety or despair.

People who have anxiety plus rheumatoid arthritis may have more pain than those who only have RA. This is partly due to the fact that the stress reaction can increase muscular inflammation and tension, both of which can exacerbate pain. Furthermore, persons who have both chronic or long-term pain and anxiety may have reduced pain tolerances, making them more sensitive to the sensation of pain.

Anxiety activating triggers for RA patients

Rheumatoid arthritis patients confront particular obstacles that might cause anxiety. Just the symptoms of RA, such as pain, exhaustion, and difficulty sleeping, can lead to a rise in stress levels. Apart from the symptoms of RA, there are other stresses to consider. Here are a few factors that may cause worry in people with RA:

Symptoms: Feeling tired, fatigued, or in pain all of the time can be highly annoying and interfere with daily living.

Financial difficulties: People with RA may be unable to work or may miss work due to symptoms, making it difficult to earn a living or pay for treatment.

Schedules for drugs: Having numerous illnesses at the same

time, such as anxiety and RA, increases the likelihood of being on multiple medications and needing to keep track of when to take them.

It's hard to deal with anxiety or rheumatoid arthritis on the own. It's even more difficult to deal with both at the same time. There are, however, things that may be done to manage these illnesses individually and together. Exercise, for example, can help reduce both psychological and physical stress, which can help with both hurting joints and anxiety. The following are the various ways to manage anxiety caused by rheumatoid arthritis:

- Maintain a healthy, well-balanced diet.
- Maintain a normal sleep schedule by exercising on a regular basis.
- Keep track of the drug routine.
- Make a plan and stick to it. Learn and practice stress-relieving and relaxing techniques.
- Participate in some calming activities.
- Seek the assistance of a mental health professional.

Anxiety management of RA in day to day life

People with rheumatoid arthritis plus anxiety have worse results than those with RA alone, such as more difficulty taking medications and a lower quality of life, making it even more critical to address their mental health. There are things that may be done to help overcome some of the daily obstacles associated with anxiety and RA, in addition to treatment and coping alternatives.

- Making work arrangements to accommodate demands, such as a flexible schedule, the ability to work from home or extended breaks.
- Requesting day-care so that you can focus on self-care and alleviate stress as needed.
- Planning ahead and having solutions ready in case modifications to lessen stress or manage symptoms are required.
- Friends, family, and co-workers should be informed of the needs so that they can provide better support.

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