Ankylosing Spondylitis

Ankylosing Spondylitis (AS) is a type of arthritis that affects the spine and can also cause inflammation in other parts of the body. People with AS often experience pain and stiffness in the lower back, hips, and sometimes in the chest, shoulders, and neck. Over time, the inflammation can cause the vertebrae in the spine to fuse together, leading to a stiff and rigid spine.

AS can affect anyone, but it is more common in men than women. The cause of AS is not fully understood, but it is believed to be related to genetics and possibly autoimmune factors. People with AS may also have other conditions like inflammatory bowel disease (IBD) or psoriasis.

Treatment options for AS include medication, physical therapy, and surgery. Early intervention is important to prevent permanent damage to the spine. Research is ongoing to better understand AS and develop new treatment options.

Arthritis Australia

AS SYNDROME

Arthritis Foundation

AS PHENOTYPIC FEATURES

AS SYMPTOMS

AS TREATMENT OPTIONS

AS INVESTIGATIONS

AS PROGNOSIS

Ankylosing Spondylitis (AS) is a chronic inflammatory disorder that affects the spine and other joints. It is characterized by pain, stiffness, and inflammation in the spine, sacroiliac joints, and surrounding tissues. The disease is more common in males than females and usually begins in adulthood. The symptoms can range from mild to severe and may include:

- Back pain and stiffness
- Hip pain and stiffness
- Inflammation and swelling in the joints of the hands, feet, and toes
- Fatigue and lack of energy
- Eye inflammation

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Healthy eating (Dealing with pain)  

Arthritis Office  

Healthy eating  

Arthritis and emotions  

Arthritis (Office)  

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