



## Rheumatoid Arthritis and connected Connection to Alcohol

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Rheumatoid arthritis (RA) is an autoimmune disease that means immune system will mistakenly attack your joints. This attack causes swelling and inflammation of the lining around the joints. It can cause pain and even lead to a loss of joint mobility. In some cases, permanent joint damage can occur. This disease effect women three times than men. Many times, of research have been shown exact what causes RA and the best way to treat it. Some studies that show drinking alcohol may actually help reduce RA symptoms. Some research suggests that alcohol strength not harmful. Results have been somewhat positive, but studies are limited and some outcomes have been differing. One 2010 study in the journal Rheumatology has shown that alcohol help with RA symptoms in some people. The study examined the association between the frequency of alcohol drinking risk and severity of RA. Study shows there were some limitations. However, the results look as if to support that alcohol consumption did reduction the risk and severity of RA in this small cohort. Compared to people who have RA and drank little to no alcohol, there was a clear difference in severity. A study conducted on alcohol consumption in women and its association to RA and found that drinking a modest amount of beer might absolutely affect the impact of RA progress. It's important to note that only women who were moderate drinkers saw benefits and that excess consumption is unhealthy. The results from this study not applied on men. This study observed at the effect of alcohol on radiological development in the hands, wrists, and feet.

In radiological progression, intervallic X-rays are used to determine joint erosion or joint space narrowing has happened over time. The study found that reasonable alcohol drinking led to an increase in radiological progression in women and a lessening in radiological progression in men. Moderate drinking is defined as one drink per day for women and two drinks per day for men. The amount of alcohol that counts as one drink, differs depending on the type of alcohol. One serving is equal to in beer 12 ounces, wine 5 ounces, 1 1/2 ounces of distilled spirits. Drinking excess alcohol may lead to alcohol addiction. Drinking more than two glasses of alcohol a day may also increase your health risks, cancer. Doctor will most likely instruct you not to mix alcohol with your RA medications. Alcohol and RA medications alcohol doesn't react with many commonly prescribed RA medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) are normally prescribed to treat RA. They can be over-the-counter (OTC) drugs such as naproxen (Aleve) drinking alcohol with these types of drugs rises your risk of stomach bleeding. Methotrexate (Trexall), rheumatologists mention that drinking any alcohol on limit consumption of alcohol to not more than two glasses per month. Drinking alcohol while taking acetaminophen (Tylenol) lead to liver damage. Seeking professional medical treatment RA is different, and what works for another person may not work for other. Alcohol can react harmfully with certain RA medications may increase the risk factors.

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