

# Enthesitis-related Juvenile Idiopathic Arthritis (ERA)

is a condition that causes joints and entheses to become swollen and painful.

**Joints** are where your bones meet. Bones, muscles, ligaments and tendons all work together so that you can bend, twist, stretch and move.

## What's in a name?

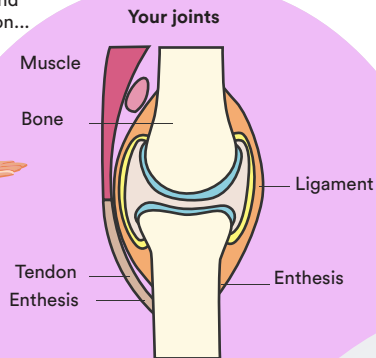
**Enthesitis-related** means your arthritis has to do with the entheses in your joints

**Juvenile** means your condition affects people under the age of 16

**Idiopathic** means we don't know what causes it to occur

**Arthritis** means inflammation of the joint

Let's look inside and see what's going on...



**Entheses** are tissues that connect your ligaments or tendons to your bones.



## Your immune system

For some reason, your immune system - instead of just fighting germs - got confused and started attacking the healthy tissues in your joints, causing them to become red, swollen and sore.

## Symptoms of enthesitis-related juvenile idiopathic arthritis include:

- pain and inflammation in one or more of your joints, usually hips, knees, ankles and feet
- inflammation of your entheses - called enthesitis - most commonly in the knees, heels and bottom of your feet
- joint stiffness, especially in the morning
- an eye condition that can make your eyes red, painful, watery and sensitive to light
- back pain and stiffness - may develop over time.

From time to time you'll see other **health professionals** including:

- physio
- occupational therapist
- eye specialist
- pharmacist
- podiatrist
- psychologist or psychiatrist

It all depends on your symptoms.



You'll need to see your doctor regularly, as well as **paediatric rheumatologist**. That's a doctor who specialises in conditions that affect your muscles, bones and joints.

You'll need to take some medications. They may include:

- pain relievers
- anti-inflammatory meds (NSAIDs)
- corticosteroids
- disease modifying meds (DMARDs)
- biologics (bDMARDs)



## What can I do?

- follow your treatment plan, this is **really important**
- manage your pain
- eat well
- exercise and stay active
- know what to do when you have a flare
- talk with your teachers and friends
- know its OK to feel sad from time to time.



ERA is **not contagious**



## Why did I get arthritis?

No one knows what causes some people to get **ERA**. It may be the result of genetic factors (or things you've inherited) and something from your environment (e.g. an infection that hasn't been identified).

Sometimes you may experience a **'flare'**. This is when your condition is more painful, you have inflammation and you're super tired.



Everyone's different and will have **different symptoms**.

