

RHEUMATOID ARTHRITIS



PATIENT DIET

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► DISCOVERING THE OPTIMAL DIET FOR RHEUMATOID ARTHRITIS SUFFERERS

Rheumatoid arthritis (RA) is characterized by a chronic inflammatory disorder which can affect not only your joints but more than that. Additionally, for some individuals, this condition can have a detrimental effect on multiple bodily functions, such as the skin, eyes, respiratory system, circulatory system and heart.

This condition occurs when your immune system mistakenly attacks your own body's tissue. People suffering from RA may experience swelling in the lining of their joints, which can cause pain and even deteriorate the bones and distort the shape of the joints. Some of the signs and symptoms might include the following:

- Weakness
- Extreme tiredness
- Fever
- Swelling, stiffness, pain and tenderness in more than one joint
- Loss of appetite

There are a variety of treatment options available, such as changing one's lifestyle, undergoing physical therapy, engaging in occupational therapy, taking nutritional supplements, and resorting to medication or surgery.

Furthermore, you can also opt for Rheumatoid Arthritis stem cell treatment in Delhi if your condition is severe and want an effective and affordable treatment from SCCI. Our dedicated team of highly professional's doctors are always available to assist you with all the treatment procedures at our stem cell therapy hospital India.

When we talk about nutritional management to manage the symptoms of RA, there is nothing like a prescribed RA diet that permanently treats the condition. However, consuming certain types of foods can help you lower the inflammation in your body.

◆ BEST FOODS TO COMBAT RHEUMATOID ARTHRITIS

Although diet cannot provide a full cure for RA, however, the right dietary choices can help you reduce the inflammation and provide much-needed nutrients for the body. Here are some foods you should be eating.

Beans: Lower your levels of C-reactive protein which is a sign of inflammation by consuming beans as they are filled with fiber. They will also give your protein which will support you to keep your muscles strong around the joints. Some good sources of beans:

- Chickpeas
- Lentils
- Black beans
- Soybeans
- Pinto beans
- Peas

Broccoli: Like the other green leafy vegetables, broccoli is full of vitamins like A, C, and K which will protect you from free radical damage. You can also find an abundance of calcium in them, which also helps you to keep your bones strong.

Cherries: Anthocyanins, highly powerful antioxidants, can help reduce inflammation. This chemical gives cherries their vibrant colouring, and can also be found in other purple and red fruits such as raspberries and blueberries.

Citrus fruits: Incorporating citrus fruits into your diet can give you a robust immune system that can support holding off inflammation due to RA as they are rich in Vitamin C. Here are a few examples of citrus fruits.

- Oranges
- Grapefruits
- Limes
- Tangerines

Fatty fish: Fish such as salmon, tuna, sardines, and herring are particularly rich sources of omega-3 fatty acids, which have been found to help control inflammation. For optimal health and well-being, it is recommended that one's body maintain an appropriate balance between omega-3s and omega-6s. Studies have indicated that greater omega-6 to omega-3 ratios can increase a person's risk for multiple chronic inflammatory diseases, such as RA. To avoid this, it is important to reduce the intake of omega-6s and increase the consumption of omega-3s

Olive oil: Instead of other oils and fats, incorporate olive oil into your diet. The beneficial monounsaturated fat found in olive oil is further enhanced by the compound oleocanthal, which reduces inflammation and has analgesic effects similar to ibuprofen. However, it's important to remember that olive oil is still fat and should be eaten in moderation to avoid an increase in body weight.

Green tea: This drink provides polyphenols, which are antioxidants with potential anti-inflammatory properties and the capability to delay cartilage deterioration. Furthermore, it includes epigallocatechin-3 (EGCG), which is capable of hampering the manufacturing of molecules responsible for RA joint damage.

Whole grains: Whole grains like oats, whole wheat, brown rice, quinoa, and more, can reduce the levels of CRP and lessen the possibility of diseases of the heart for individuals with RA. These unrefined grains are richer in fiber and greater in nutrients than their refined grain counterparts.

◆ AVOIDING FOODS THAT CAN AGGRAVATE RHEUMATOID ARTHRITIS


Dairy products and red meat: Saturated fats are often found in foods such as processed meats, fast foods, and some bakery products. These can lead to inflammation in our fat tissues and should be consumed in moderation. Other sources include full-fat dairy, pasta dishes, and desserts made with grains.

Limit salt intake: Reducing daily salt intake is beneficial for everyone, however, if you suffer from RA and take steroid medications, limiting salt consumption becomes important.

Avoid sugar: Foods that contain certain types of sugar can cause inflammation in the body. To avoid this, read food labels for words that end in “ose”, such as fructose or sucrose, as these will trigger a release of cytokines which leads to the inflammation process.

Excessive alcohol: consuming alcohol in combination with your medications can cause serious health consequences, including stomach bleeding and ulcers. This can be even more pronounced when taken with other medications, such as those prescribed for rheumatoid arthritis.

Fast and processed foods: Partially hydrogenated vegetable oils are unhealthy because they can introduce trans fats into the body which can be dangerous. Trans fats can cause inflammation, bad cholesterol levels to rise and good cholesterol levels to drop, which may lead to long-term health problems.

The background of the page is decorated with various fruits and vegetables. In the top left, there are red tomatoes and a green lime. In the bottom right, there is a large head of green broccoli, a bunch of green leeks, and a whole orange. A yellow and blue wavy border is at the top right, and a yellow and blue wavy border is at the bottom.

Fried and grilled foods: Eating foods that have been cooked at a high temperature increases the amount of AGEs present in the bloodstream. AGEs are associated with inflammation.

Making dietary modifications can help individuals cope with the symptoms of RA. Foods that contain antioxidants can support the body and boost its defence system, while compounds that reduce inflammation can ease your discomfort. Besides diet, regular exercise, any physical activity and healthy body weight are also recommended to manage the signs of RA.

Furthermore, it is highly recommended that before doing any changes in your diet management plan, you must consider an expert healthcare professional who can give you the right advice as per your needs and capacity, you can also get help from the best stem cell therapy hospital in India. At SCCI, we are committed to offering the best treatment with trust and affordable prices. Contact our team today!



Stem Cell Care

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