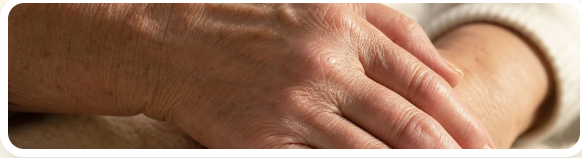




COMPASSION AT EVERY STEP



Quick Recap

Rheumatoid arthritis is an autoimmune condition that swells and stiffens joints. Steady medication and gentle movement keep daily life comfortable.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about rheumatoid arthritis, what to watch for, and how we help at home.

“With steady care and gentle movement, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



Compassion at Every Step

Rheumatoid Arthritis

A Home Care Guide for Joint Health and Daily Comfort



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



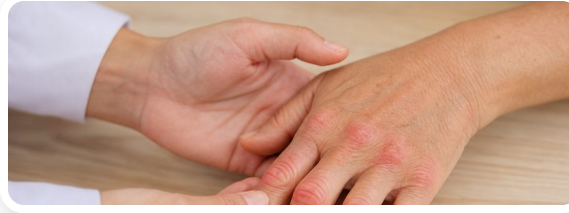
● Tips at Home

Practical day-to-day tips to protect your joints and ease stiffness at home.

Build a calm daily routine — take meds on time, warm packs for morning stiffness, and short rest breaks. Note any changes and share them with your healthcare providers.

- Take RA medications exactly as prescribed; never skip a dose.
- Apply warm packs to stiff joints in the morning to ease motion.
- Use jar openers, built-up handles, and two-hand lifts.
- Balance activity with short rest breaks before stiffness sets in.
- Home nursing visits coordinate meds, injections, and lab monitoring.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track joint swelling, warmth, and morning stiffness over 30 minutes.
- Note new fevers, infections, or unusual fatigue from medications.

Good to know

- RA tends to affect the same joints on both sides of the body.
- Early steady treatment protects joints from lasting damage.

When to call: Sudden severe joint pain, fever above 101°F, or signs of infection — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Daily habits that protect your joints and steady your energy.

Small steps add up: one warm pack, one gentle stretch, one slow walk brightens the whole day.

- Gentle range-of-motion daily; aquatic exercise is especially kind.
- Eat more fish, olive oil, and leafy greens; fewer processed foods.
- Sleep 7-9 hours nightly; rest is part of treatment, not laziness.
- Lean on your care team and support group for steady encouragement.