RA Sufferers Believed To Be More At Risk Of Cardiovascular Disease Seek Natural Remedies

June 20, 2016

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Orlando, FL? April 4, 2016 ? Rheumatoid arthritis is one of the conditions that make a life of a sufferer painful. This condition doesn?t only cause pain but also reduce a person?s mobility. There are other disadvantages of having the condition, and one is the complications associated with it.

International journalist Yvette Brazier recently reported that RA sufferers are believed to be more at risk of cardiovascular disease. ?Rheumatoid arthritis causes inflammation, which affects not just the joints but also the cardiovascular system. Inflammation has been associated with blood vessel damage and is also a risk factor for heart disease? Brazier explained.

Brazier who has travelled the world teaching English in the medical and pharmaceutical industry and is qualified as a first emergency repsonder, identified that heart problems can occur within a year.

Individuals who suffer from rheumatoid arthritis are believed to have higher levels of inflammation, which affects the organs, tissues, and joints in the body.

RA America explained that: ?There is consensus among arthritis specialists that supplementation with chondroitin and glucosamine is useful in preventing and reversing the process of joint destruction in osteoarthritis.? Many supporting articles and case studies also report that Glucosamine could be beneficial for RA sufferers.

These findings having arthritis sufferers seeking more natural remedies with less side-affects of medications. A popular alternative is a natural supplement, Glucosamine.

VitaBreeze representative and co-found Benjamin Lassance states that ?many of our Glucosamine customers who suffer from various cases of arthritis find relief have noticed a difference.?

RA-related inflammation can also cause narrowing in the blood vessels as well as formation of plaque. Plaque is a hard substance that is made from trapped cholesterol, calcium, and other debris that blocks the arteries and decrease blood flow.

Braziers report outlined that, once pieces of the plaque break off and enter the bloodstream, they cause obstruction and clog smaller vessels. This can lead to stroke or heart attack. Inflammation can also develop in the walls in the heart of individuals who suffer from rheumatoid arthritis.

When inflammation occurs in the heart, it could increase the risk of heart failure. There are signs of heart failure such as shortness of breath, swelling of the lower legs, and fatigue.

Previous studies reveal that individuals with rheumatoid arthritis are twice more susceptible to cardiac problems. Cardiac problems are thought to develop one year after diagnosis.

Researchers also added that within 1 year to 4 years of diagnosis, the risk of heart attack increases by 60 percent. With the same timeframe, the risk of coronary heart disease such as coronary death and angina rises by 50 percent.

While these numbers can be very scary for RA sufferers there are sevral natural remedies to aid with the joint pain and stiffness. "We have received hundreds of reviews which report pain relief on the joints" Lassance shared.

The contributing factors of RA have not been fully understood yet. However, experts recommend that people should do all the measures needed to improve their protection against the condition.

Today, many individuals who want to increase their immunity against arthritic conditions are living a healthy diet and lifestyle. Natural alternatives such as glucosamine supplements seems to be a popular choice for

potential pain relief and increase mobility. (www.amazon.com/Glucosamine-Sulfate-Chondroitin-Supplement-Turmeric/dp/B00DUMO9X4/).

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