

WHAT ARE PEDIATRIC RHEUMATIC DISEASES?

Pediatric rheumatic diseases are a group of rare long-term, chronic inflammatory conditions of the musculoskeletal system.

Many of these conditions are chronic, which means that they persist for many years and continue into adulthood. They need to be appropriately managed to minimize their effect on the children's quality of life.



Some widespread conditions, such as lupus and systemic juvenile idiopathic arthritis (JIA), severely impair children's overall health and wellbeing. Other conditions tend to be more localized and primarily affect the joints or skin.



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INTERNATIONAL WORD-DAY IS AN
ANNUAL EVENT THAT WILL TAKE
PLACE ON THE 18TH OF MARCH
FROM 2019 ONWARDS.

#WORDDAY2019

March 18th

WORD
DAY



SPREAD THE WORD
that children and young people
get **rheumatic** diseases too

WHAT IS WORD DAY?

Pediatric or juvenile rheumatic diseases are often unknown, not only to the general public, but even to some health care providers. This causes a delay before a correct diagnosis is made.

Early diagnosis and treatment are so important that the European Society for Pediatric Rheumatologists (PReS) and the European Network for Children with Arthritis (ENCA) are jointly inaugurating World Young Rheumatic Disease Day or WORD DAY for short.

On March 18th, pediatric rheumatologists, patients and parent associations across the globe will reach out to SPREAD THE WORD that children and young people get rheumatic diseases too.

HOW ARE PEDIATRIC RHEUMATIC DISEASES DIAGNOSED?

Since they are relatively uncommon, pediatric rheumatic diseases are often difficult to diagnose.

Even some health care providers do not expect children to suffer from conditions that tend to be associated with older people.

Although these conditions share common telltale signs, they are distinct and each have their own set of signs and symptoms. They can involve the eyes, skin, muscles, brain, kidneys and gastrointestinal tract. There is no single blood test that confirms any of the diseases.

In children, the key to diagnosis is a careful physical examination, along with a thorough medical history.

**CHILDREN
SHOULD BE REFERRED TO
PEDIATRIC RHEUMATOLOGISTS
TO RECEIVE
OPTIMAL CARE**



WHO TREATS PEDIATRIC RHEUMATIC DISEASES?

When it comes to pediatric diseases, children are not just small adults.

Children with rheumatic diseases require different treatments, and often have a different disease course and complications. Pediatric rheumatologists are trained to manage and care for these children and their families.

One of the most severe complications to look out for in children living with juvenile idiopathic arthritis (JIA) is uveitis, an inflammation of the eye which can lead to blindness. This complication tends not to occur in adults.

NEW MEDICAL OPPORTUNITIES FOR CHILDREN

The last 25 years have opened many new treatment options for people with rheumatic diseases.

Previously, medicine had little to offer children, and many spent their childhood in pain.

Today, due to pediatric-focused medical research and the advent of biologic medicines, tested specifically with children, the majority of children who receive medical and other supportive treatment can achieve remission, whereby their condition is managed well, with little or no permanent damage.

**SINCE DAMAGE
TO JOINTS, MUSCLES AND TENDONS
IS CUMULATIVE,
EARLY DIAGNOSIS
IS CRUCIAL**



**EARLY DETECTION
USUALLY PROVIDES
A BETTER PROGNOSIS**

**IT IS VERY IMPORTANT
TO KEEP
THE INFLAMED JOINTS
MOVING,
TO PREVENT THEM
FROM BECOMING
FUSED**

