

# Rheumatoid Arthritis Symptoms Checklist

## **PAIN:**

Consistent pain in your joints. Explained or unexplained.

## **FATIGUE:**

Unexplained fatigue and loss of energy.  
Wanting and needing to take long naps.

## **SLEEP:**

Unable to go to sleep or stay asleep.  
Sleep affected by joint pain.  
Difficulty in changing sleep positions.

## **SWELLING:**

Painful joints are swollen and warm.  
Limited or restricted movement due to swelling.

## **OVERALL:**

Flu like symptoms  
Shortness of breath  
Muscle aches  
Feeling down  
Lumps under the skin

## **WHAT TO DO:**

If you think you may have rheumatoid arthritis. Seek medical advice. Inflammation caused by rheumatoid arthritis left untreated may lead to permanent joint damage.

The  
*Rheuma Mill*