



## World Young Rheumatic Disease Day

[Source: TH](#)

**World Young Rheumatic Disease Day (WORD Day) (18<sup>th</sup> March)** underscores the importance of early detection and awareness regarding [rheumatic diseases](#) among young individuals.

- Rheumatic disease is an umbrella term that refers to **arthritis** and several other conditions that affect the joints, tendons, muscles, ligaments, bones, and muscles
  - The most prevalent paediatric rheumatic disorder, **Juvenile Idiopathic Arthritis (JIA)** encompasses various inflammatory arthritis subtypes, posing a significant health challenge among children worldwide.
- JIA's global prevalence ranges from **0.07 to 4 per 1,000 children**, with varying distribution patterns across different regions.
  - Children with JIA commonly experience joint pain, swelling, and functional limitations, particularly noticeable in the morning or after periods of rest.
  - JIA can affect different joints, causing diverse functional limitations such as impaired mobility and difficulty with activities like writing and eating, depending on the subtype.
- Therapeutic options for JIA include steroids, **disease-modifying antirheumatic drugs (DMARDs)**, and newer biologic drugs, aimed at modulating the immune system and managing symptoms.
- Challenges include **limited awareness and delayed diagnosis**, highlighting the need for enhanced community awareness and streamlined referral mechanisms.
  - Early intervention is crucial in managing JIA, with studies emphasising the importance of timely referrals to paediatric rheumatologists for best outcomes.

**Read More:** [Penicillin Revival to Fight Rheumatic Fever](#)

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