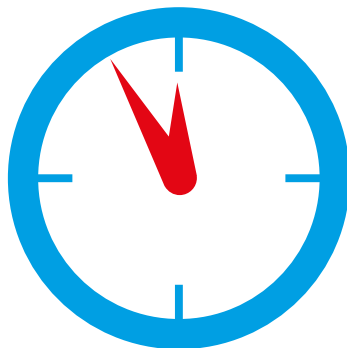




**DO YOU HAVE JOINT PAIN,  
STIFFNESS AND FEEL  
EXHAUSTED?**

**DON'T  
DELAY  
CONNECT  
TODAY**



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# ... WITH YOUR DOCTOR TO DISCUSS CONCERNS

The first step in managing any disease is **knowing the symptoms**. Persistent joint and muscle pain, extreme fatigue, stiffness and depression are all symptoms of **Rheumatic and Musculoskeletal Diseases (RMDs)**.

## WHAT ARE RHEUMATIC AND MUSCULOSKELETAL DISEASES?

- The term **Rheumatic and Musculoskeletal Disease (RMD)** encompasses a wide range of conditions, from rheumatoid arthritis and lupus to fibromyalgia and gout.
- RMDs affect **over 120 million people** in Europe alone. They affect women and men of **all ages** including children and babies.<sup>1</sup>
- Early diagnosis is key to preventing further damage, but RMDs often receive delayed or no diagnosis.
- If not treated appropriately, daily activities are affected – reducing quality of life and impacting on physical abilities.
- Make sure you speak to your doctor about any concerns.

'Don't Delay, Connect Today' is a EULAR (European League Against Rheumatism) initiative, supported by all EULAR member networks, including PARE organisations, scientific member societies, and health professional associations, with the united goal of highlighting the importance of early diagnosis and access to treatment and care.

# #ConnectToday

1. Working with arthritis. Arthritis Research UK. Available at:  
<http://www.arthritisresearchuk.org/policy-and-public-affairs/reports-and-resources/reports/work-report.aspx>