

JIA – Juvenile Idiopathic Arthritis



- **JIA** is a disease of the joints. In a person with **JIA**, joints get stiff and painful, especially early in the morning. As a result, it becomes difficult to perform even simple activities like walking, brushing teeth, or writing in school.
- Sometimes, **JIA** can make someone very easily tired, with low energy, or give someone a high temperature, which makes them feel rubbish.
- All these problems can stop people from participating in group activities, such as games with their friends, or sports. This can feel frustrating and unfair.
- Managing **JIA** is a difficult task. It cannot be fully treated, and it is a chronic illness, which means someone who has it has to live with it permanently. As part of managing this illness, regular hospital visits are required, as well as taking medication every day, and doing physiotherapy to help the joints.
- The medications can make someone with **JIA** feel a bit sick, and the hospital appointments can get in the way of other fun activities with friends. However, all these things help manage the illness better.