

# Simple habits to help reduce the risk of rheumatoid arthritis

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**Rheumatoid arthritis** is a common disease in the world. It is an autoimmune and inflammatory disease that affects the joints and other parts of the body. However, by simply building these simple habits, you will be able to **reduce your risk of rheumatoid arthritis** .



## Factors that help reduce the risk of rheumatoid arthritis

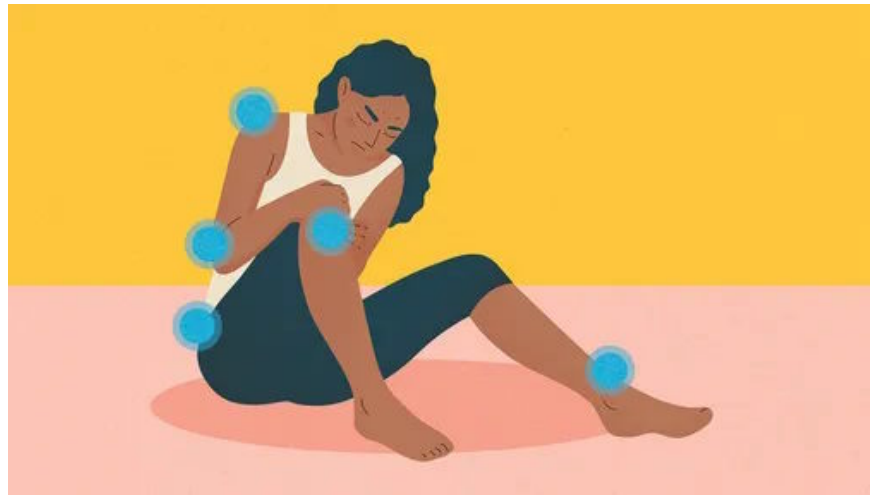
The authors of this study looked at UK Biobank data from nearly 90,000 people to identify 'metabolic signatures' of a healthy lifestyle that reduce the risk of rheumatoid arthritis. They observed a significant reduction in the risk of the disease when adopting the following healthy lifestyle measures:

1. Follow a healthy diet.
2. Exercise regularly.
3. No smoking.
4. Maintain moderate alcohol consumption.
5. Have a normal body mass index.

These findings are strong evidence that a healthy lifestyle can help reduce the risk of rheumatoid arthritis.

While this is an early-stage study and needs further confirmation, it is both a promising step in the right direction and a call to action for healthy lifestyle choices.

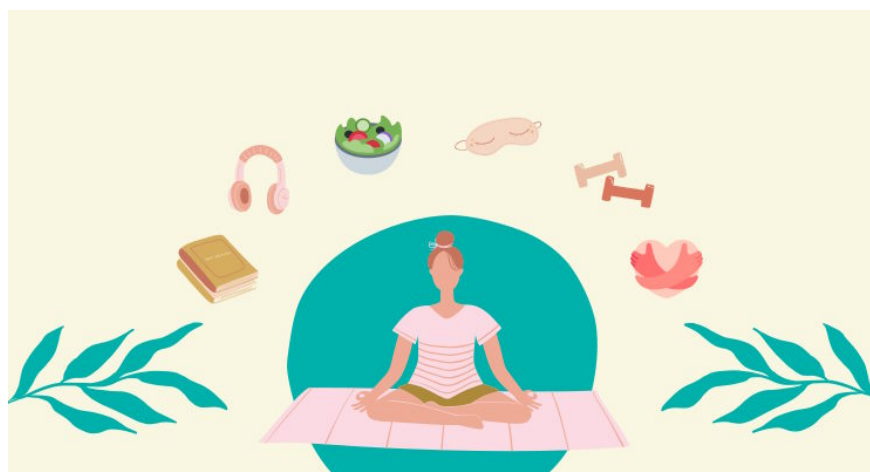
While the link between a healthy lifestyle and disease prevention is not surprising, clinical data, particularly evidence of causality, helps paint a clearer picture, helping healthcare professionals reinforce the importance of healthy lifestyle choices for all ages.



## So, what does this new evidence mean?

Right now, you can easily build the above simple habits by applying the following tips:

1. **Eat a healthy diet.** Focusing on a diet rich in fresh fruits and vegetables, healthy fats, and plenty of protein can help ensure you get the nutrients you need to support overall health.
2. **Exercise regularly.** You don't need a fancy gym membership to get started. Home workouts and walking can be more than enough to reach your goals.
3. **Don't smoke.** This one is pretty simple.
4. **If you drink alcohol, do so in moderation.** Try replacing some of your regular drinks with a delicious non-alcoholic mocktail to support your health.
5. **Maintaining a normal body mass index.** Maintaining a healthy weight can certainly be a challenge. While body mass index (BMI) isn't a perfect measure, it's important to talk to your doctor about what a healthy weight looks like for you and the healthiest way to reach and maintain it.



Although there is no cure for rheumatoid arthritis, early detection and treatment can help people manage their symptoms and pain. The prevention indicators found can also be applied to future treatment options.

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