Glucosamine is an all-natural, joint health supplement believed to be helpful in repairing cartilage damage.

(Newswire.net -- December 15, 2016) Orlando, FL -- Pain is one of the most challenging parts of having arthritis. There are many arthritis sufferers who resort to various measures to manage pain. Unfortunately, this condition doesn’t only impact sufferers physically, but also mentally.

Rheumatoid arthritis pain may potentially intensify certain mental health issues.

Chronic diseases such as rheumatoid arthritis may not just cause pain but also disability. Physical limitations may significantly impact the ability of sufferers to perform their normal functions, which may even lead to a variety of mental health issues.

According to Patricia A. Farrell, PhD, a psychologist in Englewood, N.J., pain syndrome, which is common in individuals with arthritis, is usually accompanied with feelings of helplessness, depression, irritability, poor self-esteem, and problems with social interactions.

As the condition progresses, sufferers may find it difficult to work and do activities that were previously enjoyable, such as hobbies and social activities. Pain may trigger sufferers to isolate themselves from others.

Dr. Farrell added that RA causes physical damage, which then leads to pain. Unfortunately, pain is believed to be intensified by anxiety. When anxiety increases, the ability of sufferers to tolerate pain also goes down.

Addressing the psychological and physical aspects of the condition is essential. In addition to pain, RA sufferers are also more likely to struggle in not knowing what will happen to them in the future.

For incurable conditions such as rheumatoid arthritis, it may be easy for sufferers to assume that the pain will worsen and they would become more disabled.

Quick intervention to the mental health of sufferers is an important part of RA treatment. When treatment is given earlier, pain, mental health issues, and other symptoms are less likely to spiral out of control.

According to research, individuals with chronic illness are more susceptible to developing problems, such as depression, within two years after diagnosis. Healthcare providers and arthritis sufferers should work together to address the physical and psychological elements of the condition.

A cognitive therapist helps sufferers recognize as well as change the negative thinking patterns common in individuals with the condition. Self-help is vital in easing pain as well as reducing the risk of depression and anxiety.

There are many safe pain management options available for individuals with arthritis, such as utilizing glucosamine. Glucosamine is an all-natural, joint health supplement believed to be helpful in repairing cartilage damage.

Glucosamine supplements are also thought to be safer than pain medications, which may be associated with side effects.

(http://amazon.com/glucosamine-sulfate-supplement/dp/B0126ZF0B0)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at

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