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IMPORTANT SAFETY INFORMATION AND INDICATION

XELJANZ/XELJANZ XR may cause serious side effects,

Serious infections, XELJANZ/XELJANZ XR can lower the ability of your immune system to fight infections. Some



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# **Arthritis & Diabetes**

## What do diabetes and arthritis have in common? Plenty.

People with diagnosed diabetes are nearly twice as likely to have arthritis, indicating a diabetes-arthritis connection.

Diabetes occurs when the body does not produce or use the hormone insulin sufficiently. Insulin shuttles glucose from foods into cells so it can be converted into energy. Without insulin, glucose remains in your blood (raising blood glucose levels), your cells create less energy and you feel fatigued.

What starts off as a hormonal problem can evolve into joint problems, in addition to the widely known cardiovascular problems.

Diabetes causes musculoskeletal changes that lead to symptoms such as joint pain and stiffness; swelling; nodules under the skin, particularly in the fingers; tight, thickened skin; trigger finger; carpal tunnel syndrome; painful shoulders; and severely affected feet. After having had diabetes for several years, joint damage called diabetic arthropathy - can occur.

## **Related Resources:**

- RA vs. OA and Diabetes
- **Rheumatoid Arthritis Appears to Increase Diabetes**
- **Disease-Modifying Drugs May Lower Diabetes Risk**
- **Metabolic Comorbidities of Psoriatic Arthritis**

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Arthritis Diet
Exercise
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Your Health Care
Life Stages

## Fighting For You

Advocacy Path to a Cure

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### Arthritis Foundation National Office

1355 Peachtree St NE Suite 600 Atlanta,GA 30309 **Home Office** 404.872.7100 **Helpline** 1.844.571.4357 **Customer Service** 800.283.7800 Arthritis Foundation is a qualified 501 (c)(3) EIN 58-1341679

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