

# Young arthritis patients have unique concerns about treatment

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They describe a wide range of consequences—physical, emotional, social, and vocational—arising from their treatment.

The findings indicate that young arthritis patients need active encouragement to discuss their treatment concerns and difficulties, so that a balance can be achieved between [disease control](#) and treatment burden.

"Young people can have severe arthritis, warranting [aggressive treatment](#), but may find such regimens a struggle to sustain. Encouraging them to talk about the difficulties they may encounter, as well as the more positive outcomes of treatment, is essential if they are to make decisions they can see through," said Ruth Hart, lead author of the *Arthritis Care & Research* study.

**More information:** *Arthritis Care & Research*, [DOI: 10.1002/acr.22832](#)

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