What can I do about it?

The first thing is don't panic. Take a deep breath. Although you might have been diagnosed with CPPD, you are not alone. Luckily, there are effective treatments available.

You should see your family doctor if you think you have CPPD. It can be a difficult disease to diagnose. Your doctor might refer you to a rheumatologist – a specialist who is an expert in treating arthritis.

Your doctor will need to tailor your therapy to your specific needs. Cortisone injections can be very effective for people with symptoms related to pseudogout, CPPD associated with OA, or CPPD causing inflammation in the tendons. This treatment can reduce pain and swelling.

Regular use of low-dose oral prednisone can be helpful in managing attacks of pseudogout in some people. Attacks of pseudogout can sometimes be prevented with a medicine called colchicine. This is the same medication taken by people who have gout.

Non-Steroidal Anti-Inflammatory Drugs or NSAIDs are medications that reduce inflammation. They also help to reduce symptoms such as pain. NSAIDs can be used for people with pseudogout or CPPD associated with OA. NSAIDs are an important treatment option in cases where joints can't be easily injected with cortisone.

Non-prescription analgesic medications such as acetaminophen (Tylenol) can be used to control pain. For more severe pain, stronger medicines called opioids may be used.

Here are some other recommendations on what you should do:

- Learn as much as you can about the disease
- Attend your medical appointments regularly
- Learn about joint protection from a physiotherapist or occupational therapist
- Learn about the medications used to treat CPPD