

# MUMMY HAS RHEUMATOID ARTHRITIS

Two short graphic stories to explain rheumatoid arthritis to children



Mummy has rheumatoid arthritis  
is published by Editions  
Vision Graphique

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## **Introduction**

*When I think about my 28 years of life with arthritis and listening to and helping others living with the disease, what stands out for me is how chronic pain experienced by a family member impacts the lives of everyone around them. The families who are successful are the ones who can communicate with each other and share feelings and concerns. This is particularly important if you are lucky to have children.*

*It's a daily challenge for parents to act as medical translators for their children– explaining complicated medical terminology in everyday language– and only gets more difficult when it comes to printed material, written by adults for adults, that relies heavily on language that can be scary, intimidating and confusing to kids.*

*This Edition's Vision Graphique booklet on rheumatoid arthritis is an innovative way to make medical literature less confusing for children whose parent is living with the disease. Well-written, well-drawn and crafted with care, this booklet is full of practical, easy-to-understand information for kids that explains what is happening to their parent. Providing age appropriate content, in a format children are familiar with and can read comfortably at home, is a much needed tool to help children understand and be able to start a rheumatoid arthritis conversation with their parent.*

Cheryl Koehn

Arthritis Consumer Experts (ACE)

[www.jointhehealth.org](http://www.jointhehealth.org)

# CONCERT TIME!

HI MOM! ZOE'S REALLY EXCITED ABOUT SPENDING THE AFTERNOON WITH YOU...



YES, GRANDMA, CAN WE PLAY THE PIANO TOGETHER?



I'M NOT SURE THAT I CAN, LOVE. MY ILLNESS IS REALLY MAKING MY HANDS ACHE JUST NOW.



BUT WHAT IS YOUR ILLNESS, GRANDMA?



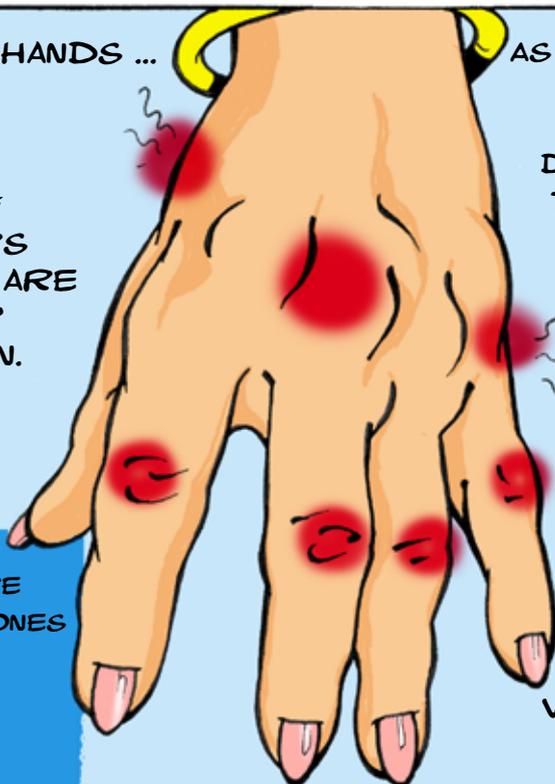
COME IN... I'LL TELL YOU... IT'S CALLED RHEUMATOID ARTHRITIS.



LOOK AT MY HANDS ...

THE JOINTS\* IN MY FINGERS AND WRISTS ARE SWOLLEN BY INFLAMMATION.

\* THE JOINTS ARE WHERE THE BONES ARE JOINED UP SO THE LIMBS CAN MOVE.



AS TIME GOES ON, MY FINGERS ARE BECOMING DEFORMED AND THEY'RE MORE AND MORE DIFFICULT TO MOVE...

... IT HURTS A LOT, ESPECIALLY WHEN THEY'RE VERY INFLAMED.

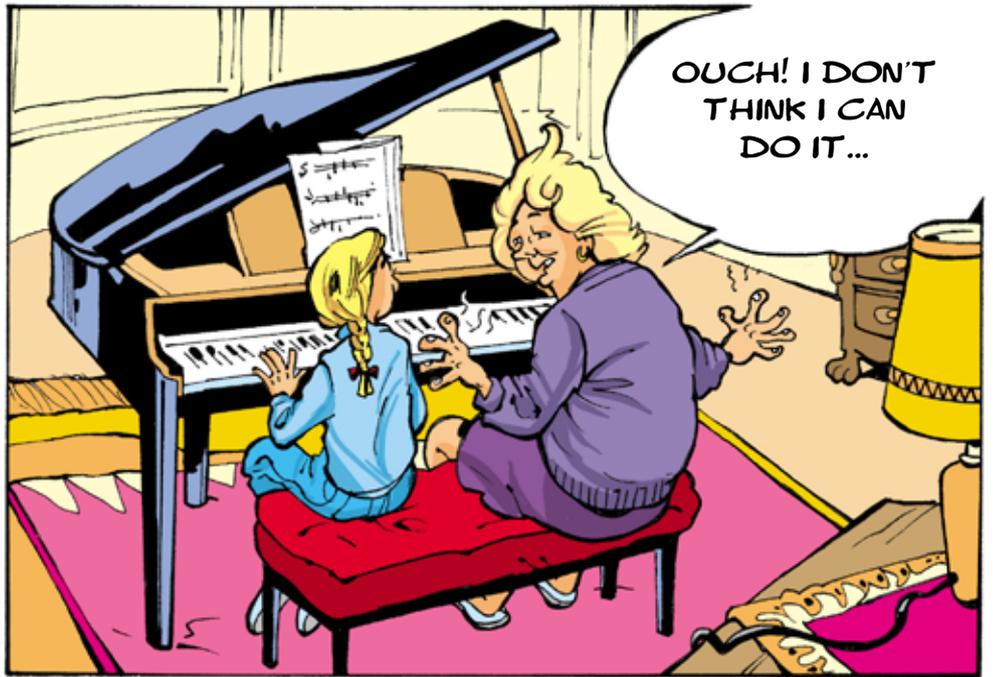
MY FEET AND KNEES CAN ALSO BECOME INFLAMED BUT I'LL BE GETTING A NEW TREATMENT AND I HOPE I'LL BE BETTER SOON.



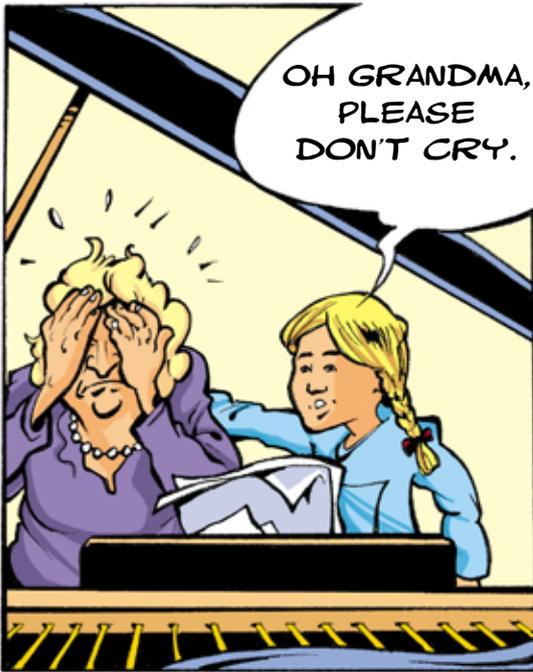
COME ON,  
LET'S TRY TO PLAY  
SOMETHING...



OUCH! I DON'T  
THINK I CAN  
DO IT...



OH GRANDMA,  
PLEASE  
DON'T CRY.



YOU KNOW WHAT,  
GRANDMA? I KNOW WHAT  
WE CAN DO! WE'RE GOING  
TO LISTEN TO MY MUSIC  
THIS TIME!



AT THE END OF THE  
AFTERNOON

**DING-  
DONG**

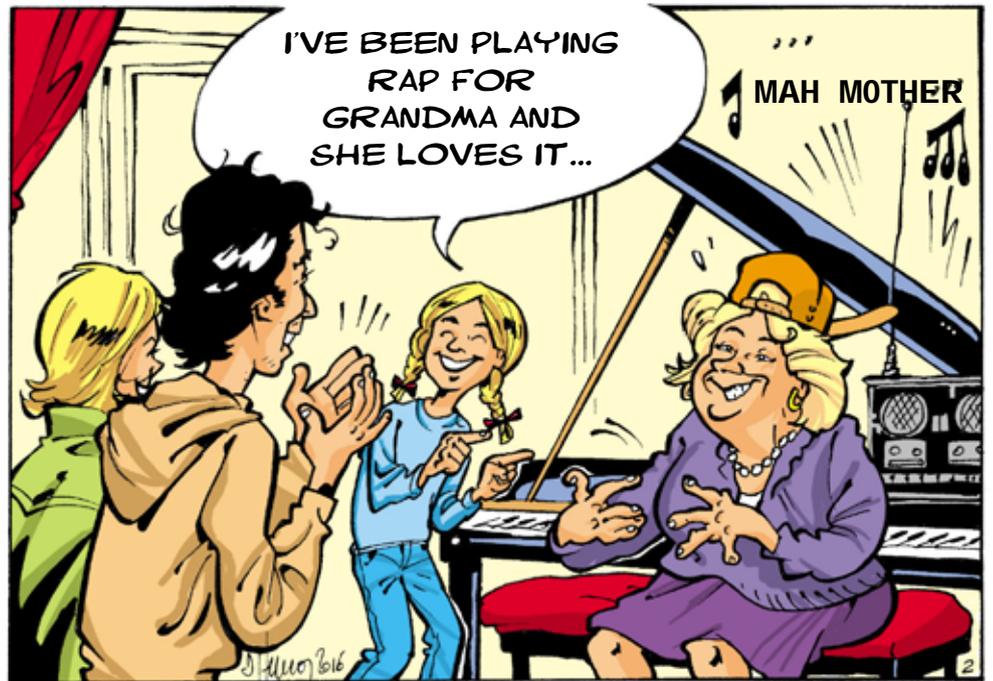
DON'T MOVE,  
I'LL GET IT...



MAM, DAD,  
COME AND  
SEE...



I'VE BEEN PLAYING  
RAP FOR  
GRANDMA AND  
SHE LOVES IT...



MAH MOTHER

Shimo 2016

**GUESS!**

UP EARLY TOMORROW, DON'T FORGET WE'RE GOING TO DINOSAUR PARK...

GOOD-NIGHT, GRANDMA!



THE NEXT MORNING...

COME ON, TIME TO GET UP!



WHERE'S GRANDMA? SHE WAS GOING TO WAKE US UP...



GRANDMA IS NOT WELL TODAY, HER DISEASE, CALLED RHEUMATOID ARTHRITIS IS HURTING A LOT...



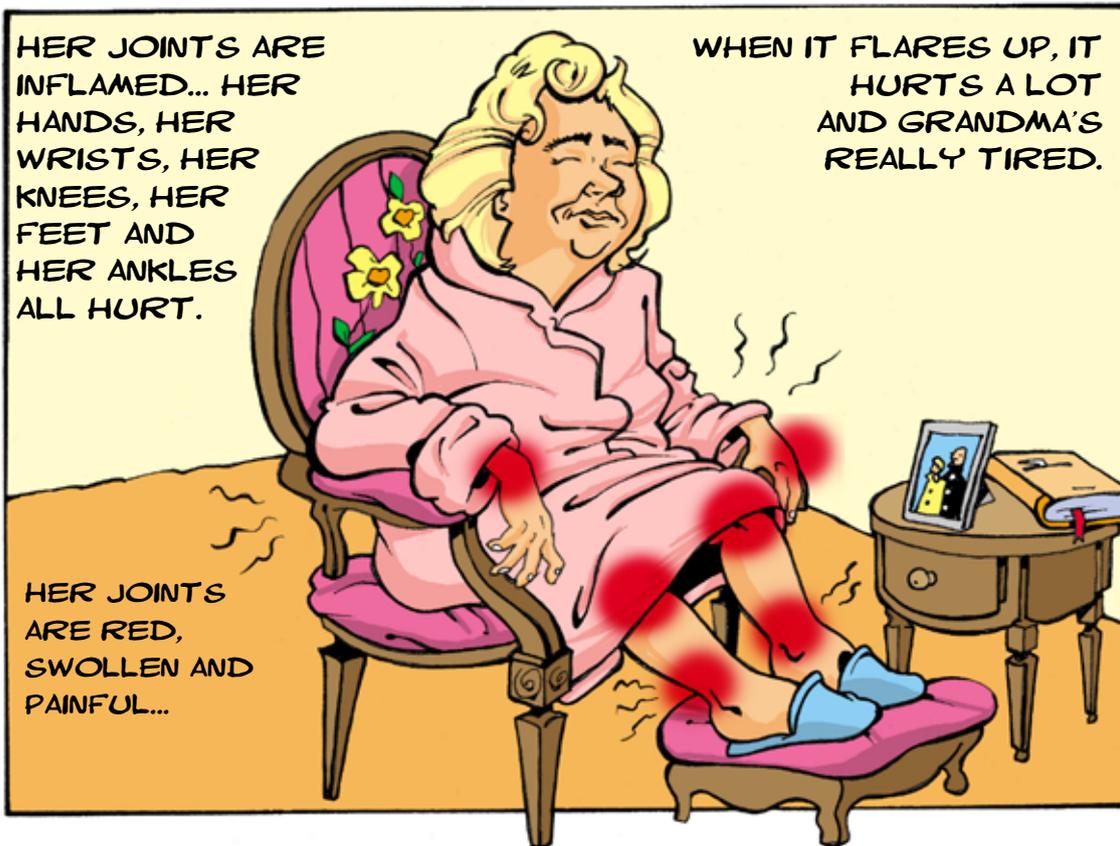
... SOMETIMES, IT JUST FLARES UP AND THE PAIN GETS WORSE...



HER JOINTS ARE INFLAMED... HER HANDS, HER WRISTS, HER KNEES, HER FEET AND HER ANKLES ALL HURT.

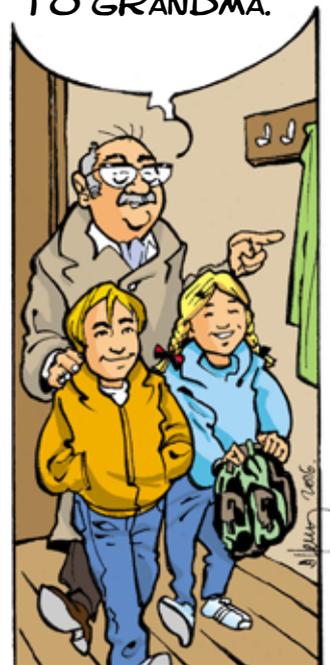
WHEN IT FLARES UP, IT HURTS A LOT AND GRANDMA'S REALLY TIRED.

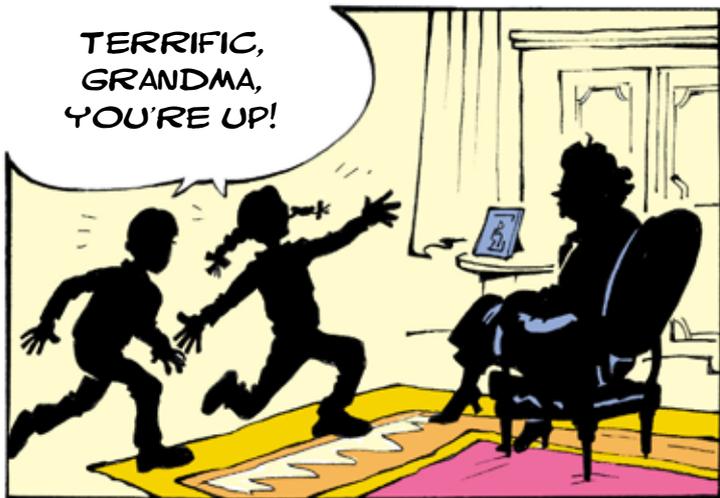
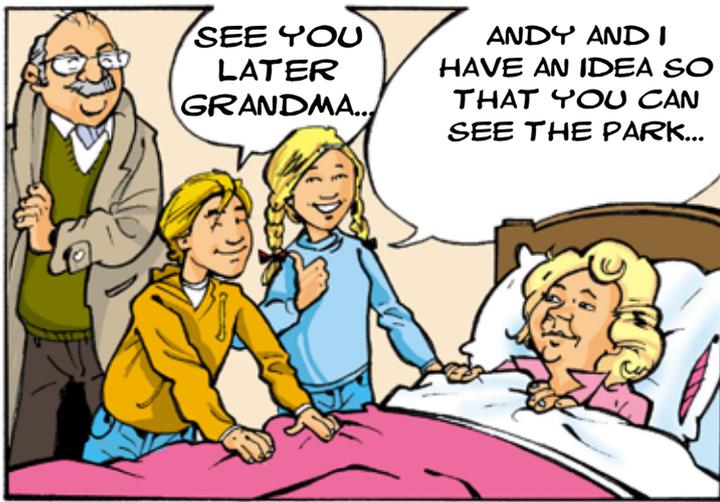
HER JOINTS ARE RED, SWOLLEN AND PAINFUL...



LATER...

LET'S SAY GOODBYE TO GRANDMA.





*Andy and Zoe's grandmother has rheumatoid arthritis, a painful disease that affects the joints. This disease can impact family life, as shown in the two graphic stories in this booklet.*



**Rheumatoid arthritis, a disease that affects family life**

Rheumatoid Arthritis (RA) is a chronic inflammatory disease which mainly affects the joints of the hands and wrists, but can also attack the joints of the hips, knees, feet, shoulders and elbows.

The main symptoms of the disease are pain, stiffness and fatigue. It develops in flare-ups followed by remissions. In the long term, the inflammation can destroy the joints and cause disabling deformities.

The first symptoms most commonly appear between the ages of 30 and 60, but may do so at any age. Although its intensity and development vary from one patient to the next, its symptoms and the restrictions and limitations it causes do affect family life in most cases.

It is important to tell your friends and family about this disease. The purpose of this booklet is to help explain the disease to children and enable you and them to talk about it.

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