

## Speaking The Same Language

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Before you speak with your doctor, it can be helpful to review some medical terms and definitions you may need when discussing your psoriatic arthritis. Use this glossary tool as a handy reference as you prepare for your next appointment.

### Articular Cartilage

A type of connective tissue that covers the surfaces of bones at the joints, providing cushioning and allowing the bones to slide or move against one another easily.

### Enthesitis

Inflammation where tendons and ligaments insert into bone—like the Achilles tendon.

### Joint Inflammation

Swelling due to the body's immune system response. In patients with active psoriatic arthritis, inflammation is believed to be the cause of symptoms in different areas of the body.

### Bony Ankylosis

A serious complication resulting in the fusing of bones together that can lead to complete immobility.

### Fibrous Ankylosis

An abnormal connection between the bones in a joint that can impair movement and lead to stiffness.

### Synovium

A thin membrane that surrounds the joints and produces synovial fluid, which lubricates the joints.

### Dactylitis

Inflammation and swelling of the fingers or toes that may reduce mobility and cause tenderness.

### Joint Damage

Joint damage from psoriatic arthritis is caused by destruction of bone and cartilage and can result in joint erosion and joint space narrowing. If untreated or undertreated, psoriatic arthritis can lead to permanent joint damage. Certain treatments may help reduce further joint damage.

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**NEXT STEPS:** Use these terms to help inform your next conversation with your doctor