

Rheumatoid Arthritis & Your Microbiome

Scientists are exploring how microbes in your body connect to rheumatoid arthritis.

Could your microbiome be part of the puzzle?



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What is the Microbiome?

The microbiome is a community of trillions of tiny microbes, like bacteria, fungi, and viruses, that live in and on your body.



of these microbes are found in the gut.

They work hard to:

- Help digest food
- Support your immune system
- Protect you from harmful germs

Your microbiome can change over time.

Daily habits like diet, stress, and exercise can all shape it.

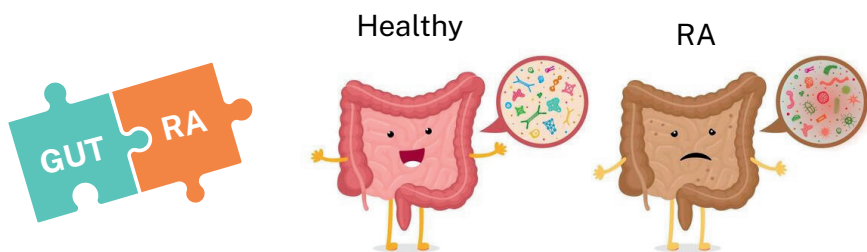


There is a balance between **HELPFUL** and **HARMFUL** bacteria in your microbiome.

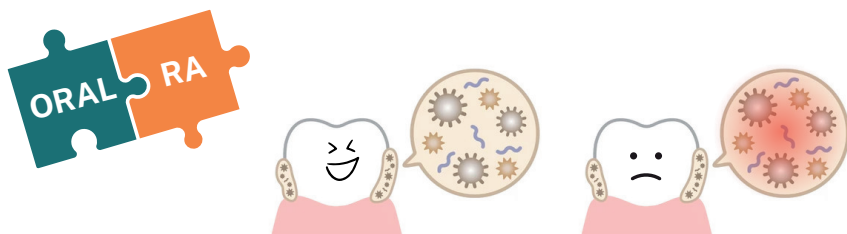
If it is unbalanced, health problems may arise.

That's why scientists are studying the microbiome – to learn how it affects our health and how we can keep it in balance!

**...but what does your
microbiome
have to do with
rheumatoid arthritis?**



People with RA often have different gut microbes than people without RA.



**Harmful mouth bacteria can affect
immune health.**

**Good oral care, including brushing,
flossing, and regular dentist visits, are
especially important if you have RA.**

Scientists don't have all the answers... yet.



How exactly are the microbiome and RA linked?

We know changes in gut and oral microbes are linked to RA, but we don't fully understand the cause-and-effect.



What lifestyle factors matter?

Diet, exercise, stress, and medications can shape the microbiome, but how they affect RA is still being studied.

The answers to these puzzles might start with you.

What are new potential treatments?



We don't know which interventions work best yet, so researchers are exploring ways to modify the microbiome to treat RA.

- **Your experiences with RA matter.**
- **Your microbiome may hold important clues.**
- **Your perspective can shape future treatment.**

QR Code

Scan the QR code to explore our research and see how you might be able to get involved.



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