



[angryhand.com](http://angryhand.com)

**If you can answer yes to the following  
you should make an appointment to  
see your GP**

### **Joint Stiffness?**

Early morning joint stiffness lasting more than 30 minutes

### **Joint Swelling?**

Persistent swelling of one or more joint especially in the joints of the hand

### **Joints Painful to Squeeze**

Squeezing the joints is painful in rheumatoid arthritis

**Print and complete this page to take with you to your GP**