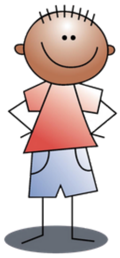
What is JIA?

CCAA
KIDS WITH ARTHRITIS

For children

PERCY

Hi! I am Percy penguin, the CCAA mascot. Maybe I will get to meet you one day – I hope so! With the rest of the CCAA team I have helped many children and young people for over more than 30 years to achieve their ambitions and follow their dreams. Recently I made some new friends who also know how much JIA matters; **Oli, Poly** and **SJ**! I would like to introduce you to them!

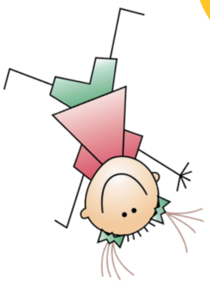


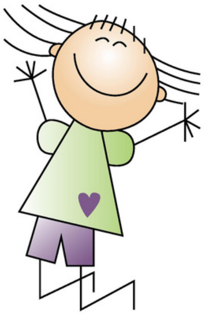
Oli

Hi! My name is Oli! I have JIA just like you. I like swimming and climbing and playing with my friends! Sometimes in the morning my joints used to get stiff which made it hard to walk and do things like hold my spoon. Sometimes they would swell up and look bigger than normal. I usually felt better by the middle of the morning. My doctors (who are called rheumatologists) wanted to help me feel better all the time so they have given me medicine to take. It comes in an injection. It is very quick and it does stop my joints from getting stiff. If you have to have the same injection as me then don't worry – you will soon be used to it.

Hi! My name is Poly! I have JIA just like you. My favourite thing is being upside down! I love gymnastics and cartwheels especially! I take medicine for my JIA but I also do exercises called physio. These help me stay strong so that I can do my gymnastics and one day I want to take part in the Olympic Games! I also have uveitis – this means my medicine is important for my eyes too and I sometimes need eye drops as well. My eye doctor is called an ophthalmologist – she says my eyes are very precious so we have to look after them.

Poly





SJ

Hi! My name is SJ! I have a particular kind of JIA called Systemic JIA – is that the kind you have? I have learned that JIA is inside you – sometimes it wakes up and annoys you and other times it goes to sleep and doesn't bother you at all! My doctors wanted to stop my JIA waking up so I go to hospital for some important medicine. The medicine goes into my arm through a tube so that it goes straight to where it needs to be. Soon my doctors have told me that I might be able to have my medicine at home instead – hurray! I hope you have got some good medicine to send your JIA back to sleep too. Luckily the hospital trips aren't every week so I have plenty of time to ride my bike and practice my jumping!

Percy & Friends Together

So now you've met all my friends!

Before we met, we didn't know anyone else who had JIA. Now we are friends we can talk together about what it is like to have JIA. It helps us to tell someone else how we feel.

I hope you have a friend you can talk to about your JIA too.