What should I do if I experience any of the symptoms?

Tell your rheumatology team if you experience any of these symptoms.

Make a note of what your symptoms were and when they occurred (and how often, if appropriate).

If you have concerns about your symptoms, you should speak to a healthcare professional as soon as possible.

You may also experience symptoms in your hands and feet, or other joints.

Painful or swollen joints (arthritis)

This may affect your fingers and toes or larger joints such as your wrists and knees.

Swollen fingers and/or toes (dactylitis)

This may affect one or more of your digits (fingers or toes) at the same time.

Soreness and swelling of the heel (heel enthesitis)

If you experience any of these symptoms and have any concerns, you should consult your rheumatology team for further advice.

Did you know Axial SpA (including AS) can affect more than just your back?

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Swollen fingers and/or toes (dactylitis)

Soreness and swelling of the heel (heel enthesitis)
You Have Been Diagnosed with Ankylosing Spondylitis or Non-Radiographic Axial Spondyloarthritis (Axial SpA)

Both of these conditions are types of axial SpA. The inflammation which causes pain and stiffness in your spine and lower back can also affect other parts of your body. These include the eye, gut and skin.

**Eye**
- Possible symptoms:
  - Eye pain and/or redness
  - Sensitivity to light
  - Blurred vision
  - If you experience eye symptoms, seek medical advice immediately

**Gut**
- Possible symptoms:
  - Abdominal (tummy) pain or tenderness
  - Recurring diarrhoea
  - Unintended weight loss
  - Blood and mucus in your stool/faeces

**Skin**
- Possible symptoms:
  - Red, flaky, itchy, scaly skin
  - Often on your elbows, knees or lower back, but it can be all of your skin
  - It can also be ‘hidden’ in places such as your hair line and belly button
  - It may also affect your nails

Eye symptoms may be caused by acute anterior uveitis. This is inflammation of the middle layer of your eye called the uvea. The iris (the coloured part of your eye) is often affected so the condition is sometimes called iritis. It usually comes on suddenly and often recurs.

Gut symptoms may be caused by inflammatory bowel disease. This is a term used to describe two conditions; ulcerative colitis (UC) and Crohn’s disease (CD). Both involve inflammation of the gut (which starts at your mouth and ends at the anus) but UC only affects the colon (large intestine), while CD can affect all of the digestive system.

Skin symptoms may be caused by psoriasis (a skin condition). This is not infectious and most people only have small patches.

If you experience any of these possible symptoms, tell your rheumatology team.