



Arthritis and its negative impact on driving

What is it?

RA is a **chronic disease** but treatments do exist: medicines, surgery, good self-control and measures such as exercise have all proved effective at reducing pain and disability.

RA and any other chronic disease of the locomotor system that entails **difficulty in movements is likely to interfere in some way with driving and even with pedestrian activities**. For example, an ingrown toenail on the right foot or a stiff neck may have a minimal impact on everyday activities but have a very strong influence on driving ability.

Generally speaking, the prevalence of Rheumatoid Arthritis (RA) worldwide:

is between 0.3% and 1.2% of the population



It seems to affect three times more women than men



Most cases are among people aged 40 and 65, although it can appear at any age.



4 Keys for arthritis or other disabilities in the locomotor system

- 1 Doctors need to give advice on road safety and patients need to be honest when evaluating their driving ability in relation to any arthritic disease, whether temporary or permanent and at any level, because it is likely to affect their driving in some way.
- 2 Ask your doctor for an updated report on your specific medical situation in case you need to evaluate your driving ability at any time at an Authorized Drivers Check Center.
- 3 You need to report the appearance of any disease that causes locomotor impairment to an Authorized Drivers Check Center, even if your driving license is still valid, for the safety of all road users.
- 4 You will probably still be able to drive, but at the Check Centers they will note any changes on your driving license and evaluate the possibility of fitting your vehicle with assisted driving devices.

3 Road safety advice



Ask your doctor

To establish some guidelines. Find out about the side effects of the medication you have been prescribed for its treatment in case it interferes with your driving ability.



Take extreme care on the road

For example, to give yourself more reaction time, increase the safety distance in terms of speed limits and take greater care when maneuvering the vehicle.



Plan your journeys well, especially long trips

Stop every hour and loosen any tense muscles by walking around and moving your arms, neck and head.