

Daily Current Affairs

3 February 2025



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Daily Current Affairs: 03 February 2026

Q1. On which date is Rheumatoid Arthritis Awareness Day observed annually?

- (a) 4 February
- (b) 2 February
- (c) 12 October
- (d) 1 March

Ans.(b)

Sol. The correct answer is (b) 2 February.

Explanation:

- Rheumatoid Arthritis Awareness Day is observed globally every year on 2 February to spread awareness about this chronic autoimmune condition.
- In 2026, the day falls on a Monday, serving as a focal point for health organizations and patient advocacy groups to highlight the challenges faced by those living with RA.
- The primary goal of this day is to promote early diagnosis, timely treatment, and a better understanding of the disease to improve the quality of life for patients.
- Unlike "World Arthritis Day" (observed on 12 October), this specific day focuses specifically on the autoimmune nature of Rheumatoid Arthritis.

Information Booster:

- The observance helps shift the narrative from seeing RA as simple "old-age joint pain" to recognizing it as a systemic disease.
- Early medical intervention within the "window of opportunity" (usually the first 6 months) can significantly prevent long-term joint damage.

Additional Knowledge:

- 4 February (Option a): This date is recognized as World Cancer Day.
- 12 October (Option c): This is World Arthritis Day, which encompasses all forms of arthritis, including osteoarthritis.
- 1 March (Option d): This is observed as Zero Discrimination Day by the UN.

Q2. Rheumatoid Arthritis (RA) is primarily classified as which type of medical condition?

- (a) Degenerative bone disease
- (b) Chronic autoimmune disorder
- (c) Bacterial joint infection
- (d) Nutritional deficiency syndrome

Ans.(b)

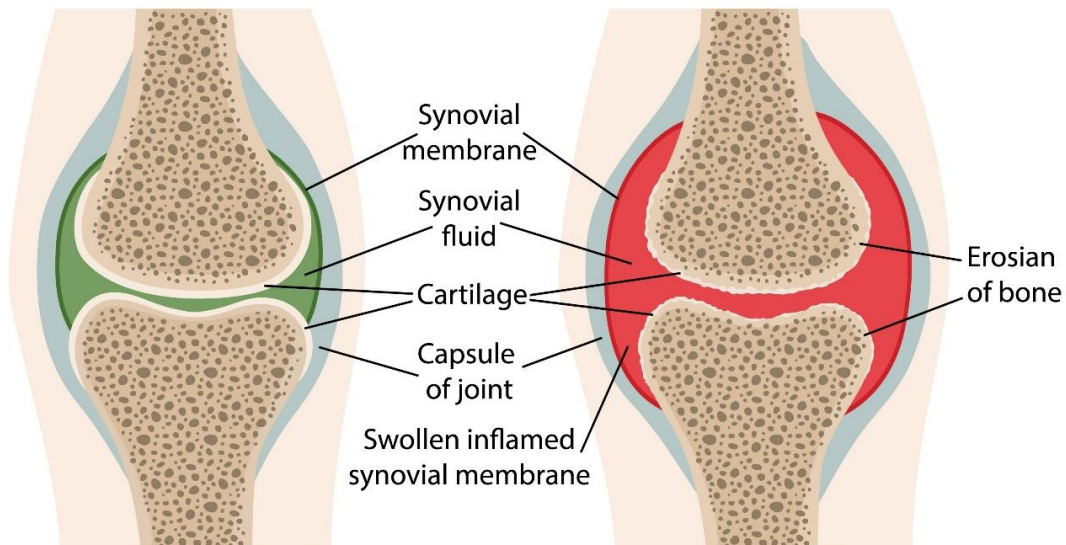
Sol. The correct answer is (b) Chronic autoimmune disorder.

Explanation:

- Rheumatoid Arthritis (RA) is a chronic autoimmune disorder, meaning the body's immune system mistakenly attacks its own healthy tissues, specifically the synovium (the lining of the membranes that surround the joints).
- This malfunction leads to persistent inflammation, which causes the synovium to thicken, eventually destroying the cartilage and bone within the joint.

- Because it is systemic, the inflammation is not limited to joints; it can travel through the bloodstream and affect organs like the lungs, heart, and eyes.
- It typically affects joints symmetrically, meaning if one hand is affected, the other usually is as well.

Rheumatoid arthritis



Normal joint

Rheumatoid arthritis

Information Booster:

- In RA, the immune system produces antibodies (such as Rheumatoid Factor) that attack the body's own proteins.
- High levels of C-reactive protein (CRP) and Erythrocyte Sedimentation Rate (ESR) in blood tests often indicate the level of inflammation in the body.

Additional Knowledge:

- Degenerative bone disease (Option a): This refers more accurately to Osteoarthritis, which is caused by "wear and tear" of joint cartilage over time rather than an immune attack.
- Bacterial joint infection (Option c): Known as Septic Arthritis, this is caused by germs spreading through the bloodstream from another part of the body.
- Nutritional deficiency (Option d): Conditions like Rickets (Vitamin D deficiency) affect bone health but do not involve the autoimmune inflammatory response seen in RA.

Q3. Which of the following is a characteristic early symptom of Rheumatoid Arthritis?

- Pain that improves immediately with rest
- Short-term stiffness lasting less than 5 minutes
- Morning stiffness lasting more than an hour
- Sudden loss of vision

Ans.(c)

Sol. The correct answer is (c) Morning stiffness lasting more than an hour.

Explanation:

- One of the hallmark clinical signs of Rheumatoid Arthritis is prolonged morning stiffness that typically lasts for more than 60 minutes.
- This stiffness occurs because inflammatory fluid accumulates in and around the joints during periods of inactivity (sleep).
- Other early symptoms include persistent joint swelling, warmth in the joints, and a "symmetrical" pattern of pain (e.g., both wrists or both knees).
- Patients often experience systemic symptoms such as extreme fatigue, generalized weakness, and a low-grade fever even before the joint pain becomes severe.

Information Booster:

- Unlike Osteoarthritis (where stiffness usually eases within 30 minutes), RA stiffness lingers much longer and improves only with significant movement and activity.
- Early recognition of these "subtle" signs is vital because irreversible joint deformity can begin within the first two years of the disease.

Additional Knowledge:

- Pain improving with rest (Option a): This is more characteristic of mechanical joint pain or Osteoarthritis. RA pain often feels worse after periods of rest.
- Short-term stiffness (Option b): Brief stiffness is common in many minor conditions, but the duration (over 1 hour) is the specific diagnostic clue for inflammatory arthritis.
- Loss of vision (Option d): While RA can cause dry eyes or inflammation of the white of the eye (scleritis), sudden loss of vision is not a standard early symptom of the disease.

Q4. Although the exact cause of RA is unknown, which of the following is identified as a significant modifiable risk factor?

- (a) Blood group
- (b) Smoking
- (c) Height
- (d) Eye color

Ans.(b)

Sol. The correct answer is (b) Smoking.

Explanation:

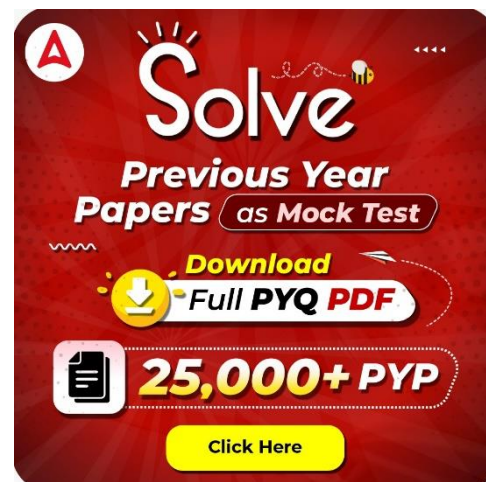
- Smoking is one of the most significant environmental risk factors for developing Rheumatoid Arthritis, especially in individuals who are genetically predisposed.
- Research shows that smoking is associated with the production of anti-citrullinated protein antibodies (ACPA), which are linked to more severe and aggressive forms of RA.
- It also reduces the effectiveness of certain medications used to treat the condition, such as methotrexate.
- Other risk factors mentioned in the text include genetic predisposition, hormonal factors (it is more common in women), obesity, and certain environmental triggers.

Information Booster:

- Women are roughly three times more likely to develop RA than men, suggesting that estrogen and other hormones play a significant role.
- Obesity also contributes to RA risk, as adipose (fat) tissue releases pro-inflammatory cytokines that can aggravate the immune system.

Additional Knowledge:

- Blood group (Option a): There is no strong scientific evidence linking specific ABO blood groups to the risk of developing Rheumatoid Arthritis.
- Height/Eye Color (Options c & d): These are purely genetic physical traits and have no correlation with the likelihood of an autoimmune system malfunction.



Q5. Why is Rheumatoid Arthritis referred to as a "systemic" disease?

- Because it only affects the skeletal system
- Because it is caused by a system-wide bacterial infection
- Because it can affect various organs like the heart, lungs, and eyes
- Because it follows a systematic pattern of healing

Ans.(c)

Sol. The correct answer is (c) Because it can affect various organs like the heart, lungs, and eyes.

Explanation:

- Rheumatoid Arthritis is described as a systemic disease because the underlying inflammation is not confined to the joints.
- The same immune response that attacks the joints can cause inflammation in the lungs (interstitial lung disease), the heart (pericarditis), and the blood vessels (vasculitis).
- It can also lead to Sjögren's syndrome, which affects the moisture-producing glands of the eyes and mouth, causing severe dryness.
- Because it affects the whole body, patients often suffer from comorbidities like increased risk of cardiovascular disease and anemia.

Information Booster:

- According to NCERT Biology, the immune system's ability to distinguish "self" from "non-self" is lost in autoimmune diseases, leading to body-wide consequences.
- Awareness of the systemic nature of RA is crucial for "Better Care," as patients may need to see specialists beyond just a rheumatologist (such as cardiologists or ophthalmologists).

Additional Knowledge:

- Skeletal system only (Option a): This is a common misconception. While joints are the primary target, the "systemic" label exists precisely because it goes beyond the skeleton.
- Bacterial infection (Option b): RA is autoimmune, not infectious. It is not caused by bacteria or viruses, though infections can sometimes act as a "trigger" for the immune system.
- Systematic healing (Option d): RA is a chronic and progressive condition; without treatment, it usually worsens over time rather than following a natural healing system.