

ACTIVE HEALTH

Getting Back In The Swing Of Things

(NAPS)—People may no longer have to give up favorite activities, such as swimming, hiking, tennis and golf, because they have osteoarthritis.

According to the Arthritis Foundation (AF), nearly 43 million Americans—one in every six people—suffer from some form of arthritis, the most common of which is osteoarthritis.

As the population ages, this figure is projected to grow to 60 percent by 2020. The AF estimates that more than 15 percent of arthritis sufferers go undiagnosed and untreated. To compound this problem, many view arthritis as just part of growing old and not a distinct treatable disease.

What Is Osteoarthritis?

- A degenerative joint disease characterized as a breakdown of the joint's cartilage
- The most common type of arthritis
- Affects an estimated 21 million Americans



Although there is no cure for arthritis, there are treatments available to relieve its symptoms. For example, golfing legend Tom Kite is afflicted with osteoarthritis in his ankles, hands and fingers. Kite began suffering about 10 years ago—about the same time he won an electrifying victory at the 1992 U.S. Open at Pebble Beach. Yet he wasn't diagnosed until 1999. For the past two years he has been taking a prescription drug called Celebrex (celecoxib capsules) to manage his arthritis pain.

"My advice: Go see your doctor," says Kite. "I assumed that my pain was just the result of years of competition and that I'd just have to live with it. I soon learned that I was suffering from osteoarthritis and there were safe and effective options for treating my pain. Treatment has been good for me and good for my game."



Golf legend Tom Kite practicing his short-game.

Dr. Tom Stillman, a rheumatologist from the Hennepin County Medical Center in Minneapolis, Minn., agrees with Kite's advice.

"People should realize that arthritis doesn't have to keep them from taking part in the activities they enjoy," says Dr. Stillman. "If you feel you may have arthritis pain, consult with your doctor to find the treatment options that work best for you, so you can maintain an active and healthy lifestyle."

Educational materials, including important product information, are available by calling toll-free, 1-877-480-BEAT (2328). Or, for more information on CELEBREX, visit www.celebrex.com.

Celebrex should not be taken in late pregnancy or if you've had aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain drugs called sulfonamides. In rare cases, serious stomach problems, such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Tell your doctor if you have kidney or liver problems.