



Finding Arthritis Strategies That Work

(NAPSA)—Arthritis and other rheumatic conditions are the leading cause of disability among adults in the U.S.

In fact, one in three American adults has pain and chronic joint swelling or stiffness associated with arthritis—that's equal to the number of people who shop on the day after Thanksgiving.

The combined costs of related health care and lost productivity for arthritis currently total more than \$85 billion each year—and the cost is expected to increase.

The most common form of arthritis, osteoarthritis, usually develops as an individual ages, but there are more than 100 different kinds of arthritis, including some that may develop in childhood.

Symptoms include recurring or continuous pain, stiffness, or swelling in or around a joint. These symptoms can develop suddenly or slowly and may be constant or sporadic.

According to Chronic Disease Directors (CDD), a Washington, DC-based public health association, an early accurate diagnosis from a health care professional is crucial, since early treatment can often mean less joint damage and less pain.

There are several ways to treat arthritis that can both alleviate existing pain, minimize potential pain and prevent joint damage.

Treatments for arthritis, which vary depending on the type you have, include a combination of exercise and weight management to reduce joint stiffness and prevent damage and prescription medicines to help alleviate stiffness and pain.



Lifestyle changes can help alleviate and prevent some of the symptoms of arthritis.

Regular moderate physical activity can help maintain joint health, relieve symptoms and improve functions and energy levels. Regular exercise can also help delay the development of disability. Weight management is also critical and even moderate weight loss can reduce the risk of arthritis. No matter what the management plan, it is crucial to follow the treatment regimen prescribed by your doctor.

The Chronic Disease Directors is a Washington, D.C.-based public health organization comprised of chronic disease program directors of each state and U.S. Territory. CDD works to reduce the impact of chronic diseases on the American population. Since its founding in 1988, CDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and the associated risk factors. To learn more visit www.ChronicDisease.org.