
health hints



New Hope For Arthritis Sufferers

(NAPSA)—Even in cold weather, you don't have to live with increased arthritis pain. The benefits of heat therapy can be as close as your supermarket.

Arthritis causes pain and stiffness in or around joints, making it hard to move freely for work, fun or to take care of your family. There are several different types of arthritis of varying cause, the most common being osteoarthritis. Scientists are currently studying the roles three major factors play in certain types of arthritis: genetics, life experiences and lifestyle. The importance of these factors varies for every type of arthritis.

Although climate cannot affect the disease itself or the potential damage it may cause, most arthritis sufferers find that cold, wet weather aggravates symptoms while warm and dry climates reduce their severity.

Historically, heat has been used as a natural remedy, to relieve pain and stiffness without scientists having a clear understanding of how it works. Recent research suggests, by increasing the temperature of the skin surface and underlying tissue, heat stimulates the thermoreceptors—sensory receptors that respond to heat and cold—which then help block transmis-



You don't have to let joint pain keep you from being active, even in cold weather.

sions of pain signals to the brain. This means a significant decrease of discomfort.

ThermaCare® HeatWraps offer an innovative approach to heat therapy that combines the benefits of heat while allowing you to remain mobile and active all day. They provide at least eight hours of consistent, low-level therapeutic heat which may provide temporary pain relief from arthritis. Rheumatoid arthritis sufferers should talk to a doctor before using heat. Look for ThermaCare in the pain medication section of grocery stores, supermarkets, drug stores, club stores or mass merchandisers. To learn more about how heat can help you, go to www.thermacare.com.