

National Arthritis Awareness Month Brings Tips For Joint Health

(NAPSA)—Roman Emperor Diocletian exempted citizens with severe arthritis from paying taxes, no doubt realizing that the disease itself can be taxing enough. The month of May means taxes are filed and hopefully, a refund check is on the way. May is also National Arthritis Awareness Month, and while Diocletian's tax exemption no longer stands, arthritis sufferers can now take control of their joint comfort and mobility with safe, natural treatment options.

According to the Center for Disease Control, more than 70 million Americans have some form of arthritis. Osteoarthritis is the most common form of arthritis and with an estimated annual cost for treatment and lost wages at \$95 billion, the U.S. government is paying attention to treatment options beyond prescription drugs.

The U.S. Department of Health and Human Services (HHS) released a report in late 2002 confirming that the dietary supplement SAME ("SAMMY"), short for S-adenosylmethionine, shows promise as an alternative treatment to over-the-counter drugs for osteoarthritis pain. As a result, the government has issued \$17.25 million in funding to further research on SAME.

SAME is a naturally occurring compound found in all living organisms and is involved in many biochemical processes. Unfortunately, significant amounts of SAME may not be available through diet alone and SAME declines as people age, so supplementation may be a benefit.

SAME relieves joint discomfort by helping to maintain joint cartilage which naturally deteriorates with physical activity and age. It's available in a product called Nature Made SAM-e. Compared to the side effects of acetaminophen and other NSAIDs (nonsteroidal anti-inflammatories) such as kidney disorders and stomach ulcers, SAME has few side effects.

According to Dr. Jason Theodosakis, an Assistant Clinical Professor at the University of Arizona College of Medicine and author of The New York Times bestseller, *The Arthritis Cure*, "The research on SAME as a treatment for



Researchers link overweight with osteoarthritis, but a dietary supplement may help.

osteoarthritis pain is compelling. Osteoarthritis sufferers now have a safe and natural alternative for joint discomfort."

Dr. Theodosakis also recommends dietary supplements containing glucosamine, chondroitin and MSM (methylsulfonylmethane) to help repair damaged joints and maintain joint flexibility. Glucosamine keeps cartilage connected, chondroitin keeps joint fluids flowing and MSM helps maintain ligament structure. These three ingredients are found together in a product called Nature Made TripleFlex. A product called Nature Made Joint Action provides the benefits of SAME and glucosamine together in one tablet.

He also offers these four tips:

- Keep moving. Exercise keeps the nourishing fluid flowing into the afflicted joint and reduces pressure on the joint by strengthening supporting structures.
- Eat a healthful, balanced diet. For example, fish or flax seed oil can reduce inflammation.
- Maintain your ideal body weight. Excess pounds are bad for weight-bearing joints.
- Take dietary supplements, such as SAME, glucosamine, chondroitin and MSM, to ease pain and help to repair damaged joints and maintain joint flexibility. Discuss options with your doctor and use a recognized brand name.

During National Arthritis Awareness Month, discover the facts about dietary supplements for joint health. Visit www.naturemade.com or call 800-276-2878.