

Health Awareness

Moving Is The Best Medicine For Osteoarthritis

(NAPSA)—Moving may be the answer when you're looking for ways to minimize the effects of arthritis.

As the nation's most common cause of disability, arthritis affects one in five adults (46 million people) in the U.S. and it's estimated that 67 million people will be affected by 2030. While osteoarthritis, the most common form of arthritis, can make the simplest activities difficult, the limiting effects can be minimized with an action plan that includes physical activity.

"Too often, people mistakenly believe that the aches and pains associated with osteoarthritis are an inevitable part of aging that they must learn to live with," said John H. Klippel, M.D., president and CEO of the Arthritis Foundation, which recently launched a new initiative with the Ad Council to spread awareness and encourage those with osteoarthritis to get moving.

Here are a few facts you may not know about osteoarthritis:

- Arthritis is not just an old person's disease; symptoms of osteoarthritis can begin as early as age 40 and progress slowly.

- Maintaining a healthy weight and being physically active can prevent or decrease the progression of osteoarthritis.



Moving is just one of the simple steps you can take to fight arthritis pain.

- Small amounts of weight loss and physical activity can decrease the pain and disability of osteoarthritis.

- For every 1 pound of weight loss, there is a 4-pound reduction in the load exerted on each knee.

- Physical activity keeps joints flexible and maintains or improves muscle strength.

- Osteoarthritis typically affects only certain joints, such as the hips, hands, knees, lower back and neck.

To fight arthritis pain, incorporate exercise into your daily life, even if you only add a daily walk of 15 to 30 minutes. If pain or being overweight makes it difficult to exercise, try the Arthritis Foundation Exercise Program or the Walk With Ease program.

For more information, visit www.fightarthritis.org.