

Health NEWS YOU CAN USE

High-Tech Help For Hand Pain

(NAPSA)—New types of technology are making it easier for people with arthritis or carpal tunnel syndrome to lead happy, healthy lives. That's good news considering that, combined, the conditions affect well over 20 million Americans.

About Carpal Tunnel Syndrome

Approximately 260,000 carpal tunnel operations are performed each year in the U.S.—and nearly half of the cases are considered work related. The condition can occur as a result of repetitive movement in an awkward position (for instance, typing on a keyboard that is not positioned correctly). Symptoms usually progress slowly over weeks and months and, in some cases, years. They include pain, numbness and tingling in the wrists, hands and fingers.

About Arthritis

Arthritis affects tens of millions of Americans. Osteoarthritis, the most common form of the condition, is responsible for more than seven million physician visits each year. Arthritis has a number of causes, including injuries from sports or work, obesity and family history. Symptoms generally include swelling and stiffness of joints, as well as joint pain.

High-Tech Help

Ergonomics is the study of the relationship between people's bodies and the tools they use. The science has led to a number of tech-



Ergonomically designed pens can help people with carpal tunnel syndrome write comfortably.

nologies and ideas that can help people with arthritis and carpal tunnel syndrome.

For instance, many people with carpal tunnel or arthritis feel pain when writing with a pen. Products such as the ErgoTwist pen can help. It was recognized as an "Ease-of-Use" product by the Arthritis Foundation. The pen, made by Pentel, is made to fit comfortably in a person's hand. It has cushioning and is shaped and weighted in such a way that the chances of it aggravating carpal tunnel or arthritis are limited.

The company also makes products such as the Flex-Fit pencil and the Ergonomix pen, both with comfort grips and wide barrels. These products can all help people with hand pain write more comfortably.

For more information, visit www.pentel.com.