

ARTHRITIS AWARENESS

What is arthritis?

Arthritis is a general term for conditions that **affect the joints** or tissues around the joint. The most common form of arthritis in the United States is **osteoarthritis and rheumatoid arthritis**. Arthritis is the **nation's No. 1** cause of disability.

Some telling statistics about the current impact of arthritis on the U.S. population



SCALE OF THE PROBLEM

53M Adults

have doctor-diagnosed arthritis



SCALE OF HTE PROBLEM

300K babies & kids

have arthritis or a rheumatic condition

- Working-age men and women (ages 18 to 64) with arthritis are less likely to be employed than those of the same age without arthritis.
- 1/3 of working-age people with arthritis have limitations in their ability to work, the type of work they can do or whether they can work part time or full time.
- People with osteoarthritis and rheumatoid arthritis –two major kinds of arthritis – miss a combined 172 million workdays every year.
- Arthritis and related conditions account for more than \$156 billion annually in lost wages and medical expenses.
- There are nearly 1 million hospitalizations each year due to arthritis.



WHO HAS ARTHRITIS

57% of adults

with heart disease



WHO HAS ARTHRITIS

52% of adults

with diabetes



WHO HAS ARTHRITIS

44% of adults

with high blood pressure

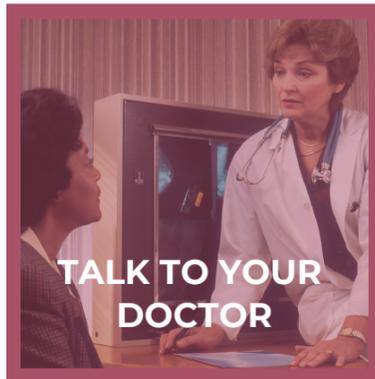
How to Manage Arthritis

Practice these simple strategies, suggested by the Centers for Disease Control and Prevention, to reduce symptoms and get relief so you can pursue the activities that are important to you.



BE ACTIVE & MANAGE YOUR WEIGHT

Physically activity and healthy weight can reduce pain, improve function and quality of life



TALK TO YOUR DOCTOR

Control your arthritis by regularly attending your doctor and following your treatment plan



PROTECT YOUR JOINTS

Choose activities that are easy on the joints like walking, bicycling, and swimming

If you have arthritis and do not exercise regularly, try **walking**. Walking is a low-impact exercise that can help relieve arthritis pain, stiffness, and swelling.

Walking is recommended - all adults, including adults with arthritis, should get 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) per week and do muscle-strengthening activities two or more days a week.



There is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness Month. For those uncertain about walking, proven programs such as [Walk With Ease](#) can help people get started.