

# SUNDAY MORNING HEALTH CORNER

## May Is National Arthritis Awareness Month

### Do I Have Arthritis?

Only a health care professional can tell you for sure, but certain signs usually point to arthritis. There are four important warning signs that should prompt you to talk to a health care provider.

### Warning Signs

#### 1. Pain

Pain from arthritis can be constant or it may come and go. It may occur when at rest or while moving.

#### 2. Swelling

Some types of arthritis cause the skin over the affected joint to become red and swollen, feeling warm to the touch. Swelling that lasts for three days or longer or occurs more than three times a month should prompt a visit to the doctor.

#### 3. Stiffness

This is a classic arthritis symptom, especially when waking up in the morning or after sitting at a desk or riding in a car for a long time.

#### 4. Difficulty Moving a Joint

It shouldn't be that hard or painful to get up from your favorite chair.

### What To Do?

Before visiting the doctor, keep track of your symptoms for a few weeks, noting what is swollen and stiff, when, for how long and what helps ease the symptoms. Be sure to note other types of symptoms, even if they seem unrelated, such as fatigue or rash.



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